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**Le Sommet Mondial et le Forum de Rome
sur la sécurité alimentaire**

The World Summit and the Rome Forum on Food Security

Home Economics Education & Early Childhood Education

The Ethical Marketing of Green Products

Canadian Family Policy Initiatives, 1987-1995



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From the Editors

Mot des rédactrices

As we finish putting together this spring issue, I am reminded of *The Little Prince* by Antoine de Saint Exupéry (Harcourt Brace Jovanovich, 1943, 1971). For those unfamiliar with this fable for children of all ages, the story is, very briefly: In the 1930s, an aviator is forced down in the Sahara desert, with no possibility of help to make repairs and scarcely any water to drink, putting him in a perilous, disordered situation. A tiny person, clothed in royal garments, whom the Aviator calls "the Little Prince," appears, apparently having come from outer space like a falling star. The Little Prince, lost, homesick, lonesome for the single rose he had tended and cared for and fallen in love with back home on his tiny planet, narrates the tale of his travels to this world after visiting six other planets. Everywhere he found discontent—situations akin to today's where market place economics has forgotten the significance of people.

In this world, we are surrounded by chaos. Although we experience nature's chaos—here on the east coast, a wild late-winter three-day snow storm, elsewhere floods and other disasters—we know spring will come, flowers will bloom, order will be restored. But how to bring order out of chaos to the human-constructed world? As we follow the story of the Little Prince, papers in this Spring *CHEJ* can give us some clues. The key words are "connection" and "care" which the Little Prince experiences as "taming," establishing ties.

The Aviator tames the Little Prince—draws pictures for him, takes time to listen to his stories, and finds water in this desert to share with him. Eventually, the Little Prince leaves earth to return to his own planet and the single special rose he had tamed—"You become responsible forever for what you have tamed."

In contrasting Hestian and Hermean approaches to early childhood education, Abigail McNamee and Patricia Thompson emphasize the need to care, to make special through giving one-on-one time. Separation then becomes possible, and, having learned to care, the one separated, in turn, "tames" another.

In the process of taming and caring, practical considerations arise. The rose has to be watered and tended; in the desert, water must be found and shared. From paying attention to a small child, there is need to move on to paying attention to our sisters and brothers around the world, and, by extension, to the earth, the ultimate provider of our nourishment, and our ecological home. This means to pay attention to practical details and our everyday actions, even, as shown by Mike Mauti and Keith Slater, to shopping at the supermarket. Hélène Delisle notes that for food security there is need for basic information and skills in making food choices and in food preparation. Home canning, discussed by Zannat Reza and Susan Iantorno, is an example of such skills.

At the government level, Sue McGregor and Maria Mayan note two approaches to policy—one assumes that the state should help families financially only as a last resort; the second assumes that government has a social responsibility to care for its citizens in need. Surely it is reasonable to ask those committed to "peace, order, and good government" to facilitate through family-sensitive policies family

lors que nous mettons la dernière main au numéro du printemps, ça me fait penser au livre *Le Petit Prince* écrit par Antoine de Saint-Exupéry. Pour ceux qui ne connaissent pas cette fable pour enfants de tous les âges, en voici l'histoire en bref : pendant les années 30, un aviateur est forcé d'atterrir dans le désert du Sahara, sans aucune possibilité d'aide pour faire des réparations et presque pas d'eau à boire ; pour lui, c'est une situation déréglée et périlleuse. Un petit bonhomme apparaît, majestueusement vêtu, que l'aviateur surnomme «le petit prince.» Il semble être venu de l'espace, tombé du ciel comme une étoile filante. Le petit prince, perdu, s'ennuie de son chez lui et d'une rose unique qu'il a soignée et entretenue et dont il est devenu amoureux. Il raconte ses voyages qui lui ont fait visiter six planètes avant d'arriver à la nôtre. Partout, il a trouvé du mécontentement—des situations semblables à celles d'aujourd'hui où l'économie du marché fait oublier l'importance des personnes humaines.

Dans ce monde, le chaos est tout autour de nous. Même si nous subissons les bouleversements de la nature—ici sur la côte est, c'est une furieuse tempête de fin d'hiver de trois jours, ailleurs, des inondations et autres désastres—nous savons que le printemps viendra, que les fleurs s'ouvriront, que l'ordre sera rétabli. Mais comment créer de l'ordre à partir du chaos d'un monde construit par les humains? Avec l'histoire du petit prince en tête, les articles de ce numéro Printemps de *La Revue* peuvent nous donner quelques indices. Les mots clés sont «la connexion» et «le soin des autres» qui pour le petit prince se traduisent par «apprivoiser», créer des liens. L'aviateur apprivoise le petit prince—il lui fait des dessins, prend le temps d'écouter ses histoires et trouve de l'eau dans ce désert et la partage avec lui. À la fin, le petit prince quitte la Terre pour retourner à sa planète et à sa rose spéciale «unique au monde,» qu'il a apprivoisée—«On devient responsable pour toujours de ce que l'on a apprivoisé.»

En contrastant les deux approches du paradigme Hestia et Hermès appliquée à l'éducation des jeunes enfants, Abigail McNamee et Patricia Thompson mettent l'accent sur le besoin de soigner les autres et de créer des liens spéciaux en passant du temps seul à seul avec d'autres. La séparation devient alors possible et, ayant fait l'expérience de soins attentifs, chaque personne peut alors, à son tour, en apprivoiser une autre.

Quand on parle de soigner les autres et de les apprivoiser, il y a des questions d'ordre pratique qui apparaissent. La rose doit être arrosée et soignée ; dans le désert, on doit trouver de l'eau et la partager. Après avoir donné de l'attention à un jeune enfant, il faut alors prêter attention à nos sœurs et à nos frères d'à travers le monde et, par extension, à la terre elle-même qui est la principale source de notre nourriture et notre foyer écologique. Ceci veut dire prêter attention aux détails pratiques et à nos gestes quotidiens même, tel que le démontre Mike Mauti et Keith Slater, lorsqu'il s'agit de nos achats au supermarché. Hélène Delisle constate qu'en matière de sécurité alimentaire, il y a un besoin d'information et d'habiletés de base pour le choix et pour la préparation des aliments. La mise en conserve domestique, dont parlent Zannat Reza et Susan Iantorno, est un exemple de telles habiletés

groups of citizens carrying out their caring, "taming" functions. Marilyn Trenholme, speaking from within government, stresses community involvement and family-focussed policies. At the Rome Summit, it was pointed out that if governments were paying attention to their commitments from other World Summits, including Beijing, food security would not impose an additional burden. In spite of market globalization and free trade, market regulations should be focused on food as a basic necessity and not a trading commodity.

A path to bring order out of chaos is being mapped out. Jennifer Welsh calls us, as home economists, to continue to serve, make links among different interests, carry out "random acts of kindness," and be responsible for what we have tamed.

J. Estelle Reddin
Editor

Sue McGregor et Maria Mayan remarquent deux approches aux politiques — l'une assume que l'État ne devrait aider les familles financièrement qu'en dernier ressort; l'autre assume que le gouvernement a une responsabilité sociale de s'occuper de ses citoyens dans le besoin. Cela doit sûrement être raisonnable de demander à ceux qui se sont engagés envers «la paix, l'ordre et une saine gestion publique» de faciliter, par des politiques sensibles aux besoins des familles, le travail des groupes familiaux de citoyens qui exercent leurs fonctions de soigner et d'appivoiser. Marilyn Trenholme, qui est à l'intérieur du gouvernement, met l'accent sur l'engagement communautaire et les politiques axées sur les familles. Au Sommet de Rome, on a signalé le fait que si les gouvernements portaient attention aux engagements qu'ils ont pris lors d'autres Sommets mondiaux, dont celui de Beijing, la sécurité alimentaire ne représenterait pas un fardeau supplémentaire. En dépit de la mondialisation des marchés et du libre-échange, la réglementation des marchés devrait principalement traiter de la nourriture comme besoin essentiel et non comme produit de commerce.

On est en train de préparer la voie pour créer de l'ordre à partir du chaos. Jennifer Welsh nous invite, en tant qu'économistes familiales, à forger des liens entre différents intérêts, à «poser au hasard des gestes charitables» et à être responsable de ce que l'on a appivoisé.

J. Estelle Reddin
Rédactrice

Note from the Editors

Today, on the way to Press with the *CHEJ*, we are very much aware of the people of Southern Manitoba who are living in fear of disastrous flooding. Could we, the 2200 members of CHEA, keep these families who are being forced from their homes in our minds and hearts and respond generously to any calls for assistance?

Au moment d'aller sous presse avec *La Revue*, nous sommes conscients que les gens demeurant au sud du Manitoba vivent sous la menace d'inondations désastreuses. Pourrions-nous, les 2 200 membres de l'ACd'ÉF, garder dans nos pensées et dans nos coeurs ces familles qui sont forcées de quitter leur foyer, et répondre généreusement à toute demande d'aide qui pourrait venir pour eux?

Letters

Response to President Beverly Pain

A president's "Greetings" to members in any professional journal is ordinarily not worthy of more than a glance. President Pain's message in the Fall issue of the *CHEA Journal* provided welcome assurance that Conference 97 in Victoria offers exactly what Pain believes is needed.

As members of CHEA and "Community Canada" we need to become more connected. Guided by speaker Pat Nichol, delegates will begin "reaching out" before dinner Wednesday evening: making contacts, networking, connecting, and resolving to help each other, providing input to those requesting it. Visiting a different part of the country always deepens the understanding of the lives of the people who live and work there in a way that no telephone call, letter, fax, or e-mail can ever do.

All of us have strengths but we must learn to market them. The keynote session with Ann Coombs will give us tools to market our strengths. Yes, marketing is "in" and, as an internationally recognized futurist, Coombs brings us currently successful marketing trends. By taking a lesson from business we can strengthen ourselves and our organization.

CHEA members do have much to offer; many will be sharing their expertise with conference participants. The program features more than fifty speakers/facilitators to help us "reach in" for further growth. Some presenters are potential members who are currently working to improve the lives of families. Our Conference 97 planning committee is utilizing the knowledge and experience of non-members who hold home economics degrees. By being inclusive, perhaps we can successfully market membership to them.

Canadians, and especially CHEA members, are making a significant contribution to the lives of people in the developing world. Conference 97 will display their projects and highlight the potential for maximizing that contribution by co-operating with other groups doing similar work.

On Saturday we are "reaching out." For us "reaching out" means being open to the public. It is a requirement of the Gwen Leslie Memorial lecture, but we are extending the idea. Any groups related to home economics as a profession are welcome to display their work for delegates, the public, and the media. All aspects of our qualifications will be celebrated. We're calling on teachers, dietitians, businesses, researchers, universities, and colleges. This is your chance to present who you are and what you do to all who come. And that means FLAUNT!

A bonus of Conference 97 not found in Pain's message is an opportunity to look beyond the profession to ourselves as people, with the ability to laugh and cry, to celebrate who we are and where we come from. "Community" is always part of it. At the Alumni Breakfast, speaker Carol Anne Fried will remind us of the importance of laughter. Several sessions have been specifically designed to satisfy more than our professional selves whether it be our clothing, homes, journals, genealogy, spirituality. At the final event Ivan Sayer and Company will present fashions worn in the last century including clothing with which home economists may have connections.

Yes, it seems we are on track as far as meeting our president's prescription. I also am proud to be a Home Economist; let's flaunt our pride together in Victoria, British Columbia, July 9th to 12th.

Myrtle R. Siebert, R.P.H Ec.
Conference 97 Co-Chair
Sidney, B.C.

Le Sommet Mondial et le Forum de Rome sur la sécurité alimentaire : quelques réflexions d'une participante

Hélène Delisle

En novembre dernier se tenaient en parallèle à Rome deux événements sur la sécurité alimentaire. Le Sommet mondial de l'alimentation au siège de la FAO a réuni des délégués et chefs d'état de quelques 190 pays, de même que des représentants d'organismes internationaux et des observateurs (environ 6600 personnes). Le Forum d'ONG (organisations non gouvernementales), pour sa part, se tenait au terminus d'Ostie; y ont participé environ 1200 représentants d'associations.

Il est difficile de parler d'événements comme ceux-là, qui ont été préparés pendant plusieurs années, car les préparatifs sont fréquemment plus intéressants que leur aboutissement. La sécurité alimentaire est par ailleurs une problématique extrêmement complexe dont les multiples facettes, discutées depuis les années '75, ne peuvent être abordées dans un texte qu'on veut relativement court, au risque de faire tomber les lecteurs dans l'ennui. D'ailleurs, les multiples aspects du problème appellent des compétences extrêmement diversifiées pour en traiter avec une certaine autorité. Nous nous contenterons simplement de partager des impressions sur des éléments qui nous ont paru marquants, en reconnaissant fort bien qu'il n'est possible ni d'être exhaustif, ni d'être entièrement objectif. Nous ferons aussi quelques commentaires en notre qualité de nutritionniste.

Le Sommet a été l'occasion pour un nombre impressionnant de groupes d'intérêt et d'organismes de diffuser des déclarations, des énoncés de politiques, des plans d'action, etc. Plusieurs de ces documents étaient disponibles tant à la FAO qu'au site du Forum des ONG, mais c'est surtout au Forum qu'il y avait du temps et de la place pour faire valoir ses positions. Plusieurs participants au Sommet finissaient d'ailleurs au Forum d'ONG,

où il y avait davantage d'action. Seule la présentation de Castro a monopolisé l'attention de tous, tant au Sommet qu'au Forum. Notons au passage qu'aucun dirigeant occidental de premier plan n'est allé au Sommet.

Le Sommet était sans surprise, bien qu'on se doive de souligner que c'est la première fois qu'une réunion rassemblait des chefs d'état pour parler du problème de la sécurité alimentaire globale. La Déclaration et le Plan d'action qui l'accompagne avaient déjà été signés lors de la 22e session du Comité sur la sécurité alimentaire du 31 octobre dernier. C'est la préparation qui fut ardue, longue et houleuse, puisqu'il aura fallu deux ans et demie et de nombreuses consultations régionales et négociations pour en arriver à un texte de compromis. En outre, quinze volumineux documents techniques préparatoires ont été préparés. Au Sommet lui-même, suite aux discours de circonstance et à la présentation de la Déclaration de Rome et du Plan d'action par le Directeur général de la FAO, il y a eu une succession fastidieuse de présentations (environ 200), qui ne devaient durer que quelques minutes, du moins en principe, par les chefs de délégations et les chefs d'état. La plupart des participants suivaient d'ailleurs ces présentations sur circuit fermé de télévision, comme seulement 3 personnes par délégation nationale et quelques observateurs avaient accès à la salle des plénières de la FAO pour des raisons d'espace et de sécurité, les autres étant relégués à d'autres salles...

Le Forum d'ONG a été en revanche extrêmement animé et dynamique, avec nombre d'événements (planifiés ou quasi-spontanés) et de participants, de même qu'avec une documentation très abondante. Plusieurs organisations paysannes et groupes de petits producteurs étaient très présents et très actifs; il y avait un forum de femmes et celles-ci ont tenu une journée de

présentations et un panel sur la situation de l'alimentation. Le réseau mondial sur la sécurité alimentaire, dont le siège est à Ottawa, a sorti quelques cinq numéros de son bulletin de nouvelles pendant la durée du Sommet et du Forum à Rome.

Un élément extrêmement positif est que la préparation du Sommet et l'événement lui-même ont amené à

Résumé

L'auteur partage ses réflexions sur le Sommet mondial sur l'alimentation et le Forum des ONG (organisations non gouvernementales) sur la sécurité alimentaire tenus à Rome en novembre dernier. Le Sommet met largement sur la mondialisation et la libéralisation des marchés pour la sécurité alimentaire alors que les ONG mettent l'accent sur les petits producteurs, sur les systèmes locaux de production alimentaire, et sur la souveraineté alimentaire. Le Sommet réaffirme le droit à la nourriture; les ONG proposent deux instruments juridiques pour le respect de ce droit: un code d'éthique et une convention internationale sur la sécurité alimentaire. Il a été surtout question à Rome des pays en développement et de la sécurité alimentaire quantitative—produire et avoir accès à suffisamment de nourriture. Dans les pays industrialisés, l'insécurité alimentaire est plutôt qualitative. L'impact potentiellement négatif des systèmes de production et de consommation des pays industrialisés sur la sécurité alimentaire de la planète à long-terme a à peine été évoqué. Les gouvernements sont responsables de la sécurité alimentaire de la population. Les économistes familiaux, avec les nutritionnistes et autres professionnels, doivent les inciter à assumer cette responsabilité, tout en oeuvrant pour une plus grande sécurité alimentaire à l'échelle des familles et des communautés.

L'auteur

Hélène Delisle, Ph.D., professeur au Département de nutrition, Faculté de médecine, Université de Montréal, était la représentante de l'Association canadienne d'économie familiale au Sommet Mondial sur l'alimentation et au Forum sur la sécurité alimentaire à Rome.

une prise de conscience de nombreux décideurs face à la problématique de l'insécurité alimentaire. En Amérique du Nord, on a progressivement convenu de reconnaître l'existence d'un problème croissant d'insécurité alimentaire avec l'aggravation de la situation économique. Comme le disait M. Jacques Diouf, Directeur général de la FAO, le Sommet doit être vu comme une première étape, à faire suivre par la prise de décisions à l'échelon national. Il estime que comme les engagements pris pendant le Sommet de Rome étaient reliés aux objectifs des 7 Conférences des Nations Unies de la décennie, ils ne devraient pas représenter un fardeau additionnel pour les pays.

La poussière est maintenant retombée, si tant est que poussière a effectivement été soulevée. En effet, au Québec, c'est davantage du sommet socio-économique provincial que du sommet mondial sur l'alimentation dont il était question en octobre et novembre 1996... On se demande, en tout état de cause, quelles suites seront données à ces événements qui se sont déroulés à Rome, qui ont mobilisé tant de ressources, humaines et autres, et qui ont été préparés pendant des années. Les déclarations ou plans d'action ont été déposés et approuvés, mais que pourra-t-on dire des réalisations concrètes dans un an, 5 ans, 10 ans?

Les deux solitudes?

Ces événements ont été pour nous, du moins en apparence, une parfaite illustration de ces «deux solitudes», avec les gouvernements d'un côté et les ONG de l'autre. Ce phénomène s'était d'ailleurs déjà manifesté lors de conférences internationales ou sommets antérieurs, à Rio et à Beijing notamment. À Rome, par exemple, on a finalement accordé quelques minutes aux ONG le dernier jour du Sommet pour y présenter la déclaration qui avait été préparée collégialement sur place, du 11 au 13 novembre. Il faut néanmoins souligner que nombre de délégués au Sommet étaient également inscrits au Forum et ont surtout participé à ce dernier. On doit également insister sur le fait qu'au Canada, les ONG ont été associées assez étroitement à la préparation de la position canadienne au Sommet. Ce sont là des indices de rapprochement, encore que celui-ci soit encore bien timide. La polarisation était aussi très marquée au niveau des déclarations et plans d'action, comme l'indique le

schéma sommaire qui suit.

Libéralisation du commerce contre souveraineté alimentaire

La mondialisation des marchés et la libéralisation des échanges commerciaux sont au centre de la doctrine dominante qui transparaît dans la Déclaration de Rome, le Plan d'Action et même les positions nord-américaines. Certaines ONG ont même soupçonné les transnationales d'avoir financé le Sommet... On sent pour le moins leur influence profonde dans les prises de position officielles des pays industrialisés. La libéralisation du commerce et l'accès aux marchés internationaux y sont présentés comme la solution magique de l'insécurité alimentaire. Mais nous ne pensons pas, et c'est aussi l'avis des ONG et de la quasi-totalité des pays en développement, que les transnationales et l'Organisation mondiale du commerce soient en mesure de résoudre le problème. Les marchés devraient avoir à se conformer à une réglementation des échanges portant sur les vivres, lesquels ne peuvent être assimilés à n'importe quelle marchandise. D'où l'idée qui a déjà fait beaucoup de chemin à la faveur du Sommet et du Forum, celle d'une convention qui ait valeur de traité international sur la sécurité alimentaire.

La Déclaration des ONG dénonce au contraire le profit de quelques-uns, qui s'oppose à la sécurité alimentaire. Contrairement à la doctrine du libéralisme, elle prône la primauté de l'auto-suffisance ou mieux, de la souveraineté alimentaire des États. La souveraineté alimentaire est définie par «Via Campesina», un regroupement d'organisations de fermiers, de paysans et de producteurs, comme la possibilité pour chaque nation de maintenir et développer sa propre capacité de production de ses aliments essentiels dans le respect de sa culture et de la diversité biologique.

D'ailleurs, la Déclaration des ONG insiste sur la nécessité de modifier les valeurs, les priorités et les politiques actuelles si on veut vraiment venir à bout de la faim. Avec l'encéphalopathie bovine spongiforme (maladie de la vache folle) qui a semé la panique en Europe, on a pu voir ce que pouvaient donner des systèmes de production uniquement orientés vers le profit, qui mettent en péril l'humain et son environnement. Cet appétit de profit a conduit des éleveurs à adopter des techniques de production contre-nature

comme de nourrir des herbivores avec des farines de viande. La maladie aura également permis de vérifier le bien-fondé de systèmes agricoles respectueux à la fois des consommateurs et de l'environnement.

Maria Mies, membre du panel de femmes sur l'industrialisation de l'alimentation lors du Forum d'ONG, s'étonne qu'il ne soit aucunement question dans ce Sommet de la surconsommation et du gaspillage dans le Nord. Elle a en outre incité la FAO à se pencher sur le problème du manque de transparence de la part des transnationales de l'agro-alimentaire, qui pourraient fort bien s'arranger pour écouler sur le marché des aliments transgéniques, notamment le soja, sans en informer les consommateurs.

Droit de chacun à une alimentation saine et nutritive

La Déclaration de Rome réitère le droit de ne pas souffrir de la faim, sans toutefois prévoir de mécanismes permettant de faire respecter ce droit. Elle dénonce néanmoins l'utilisation de la nourriture à des fins politiques ou économiques. L'honorable Ralph Goodale, Ministre canadien de l'agriculture, insistait, dans sa présentation: «Nous croyons que le droit à une alimentation adéquate est un droit humain fondamental qui doit être réaffirmé». Mais on se pose encore la question à Washington de savoir si la sécurité alimentaire est un droit ou si elle relève du seul jeu des marchés... En effet, les États Unis ont jusqu'à maintenant refusé de reconnaître formellement un droit fondamental à l'alimentation, de peur peut-être de devoir par la suite se défendre contre les poursuites de pays déficitaires en vivres.

La Déclaration des ONG, pour sa part, affirme avec force le droit à la nourriture, qu'il veut voir formalisé d'abord dans un code d'éthique, puis dans un traité. Il est possible que le Canada - tant le gouvernement que les ONG - joue un rôle-clé dans la préparation de ces outils juridiques.

Un traité, qui ferait de la sécurité alimentaire une priorité de la politique internationale, viserait notamment à aider les États à assumer leur responsabilité en mettant en oeuvre des programmes pour la sécurité alimentaire à l'échelle nationale, à favoriser la participation de la société civile à l'élaboration de stratégies de sécurité alimentaire à l'échelon international, comme national ou local, de

même qu'à encourager les accords commerciaux internationaux qui garantissent aux pays importateurs l'accès aux denrées de base qu'ils ne peuvent produire eux-mêmes.

Ceux qui ont confiance dans la science et la technologie et les autres

Depuis une vingtaine d'années, c'est-à-dire le moment de la première conférence mondiale s'étant penchée sur la faim, la production vivrière a pratiquement doublé. Cette révolution verte, en dépit de ses réalisations, n'a pas tellement fait reculer la faim, même si maintenant la production globale représente 15% de plus de nourriture par tête qu'il y a 20 ans. Il faudra encore doubler la production pour nourrir la population qui atteindra 8,5 milliards dans 25 ans. On compte maintenant de plus en plus, du moins dans les couloirs de la Banque mondiale et des transnationales, sur les biotechnologies pour assurer la sécurité alimentaire des quelques 9 milliards

d'habitants de la planète en l'an 2025. Les plantes transgéniques ont leur place au Sommet; on se demande dans quelle mesure elles pourront aider à diminuer de moitié le nombre de sous-alimentés... En Asie où la révolution verte a donné de bons résultats, les biotechnologies sont désormais rentables pour de nombreux pays. Cependant, l'avancée est moins prometteuse en Amérique latine et en Afrique... Certes, les modifications transgéniques peuvent rendre les cultures servant de nourritures de base plus productives et moins dépendantes des pesticides et engrais chimiques. Mais en même temps, ces technologies augmentent la dépendance des pays en développement vis-à-vis des transnationales détentrices des brevets et des ressources génétiques, de même que vis-à-vis des pays industrialisés. Par ailleurs, tout comme la révolution verte, les paysans pauvres, ceux précisément qui sont aux prises avec l'insécurité alimentaire, ont peu de chances de

bénéficier de ces innovations.

C'est pourquoi on parle de plus en plus de «révolution doublement verte», qui viserait un double objectif: augmenter la production alimentaire mondiale en privilégiant les personnes et les régions les plus pauvres et veiller à ce que l'agriculture ne dégrade pas les ressources naturelles, conformément au double principe d'équité et de développement durable. Autrement dit, s'intéresser aux oubliés de la révolution verte, les premiers à pâtir des risques de pénuries alimentaires. C'est dans ce cadre que les biotechnologies pourraient jouer leur rôle, en maintenant la biodiversité, en participant à la sélection des plantes utiles et en accentuant par des modifications transgéniques certaines caractéristiques utiles à l'accroissement de la production.¹

Ce qui préoccupe davantage n'est pas de savoir si la planète manquera de nourriture, mais bien si les défavorisés du Tiers Monde principalement

Déclaration de Rome sur la sécurité alimentaire mondiale

- Chacun a droit à une alimentation saine et nourrissante
- La nourriture ne doit pas être utilisée comme instrument de pression politique ou économique
- Le nombre de sous-alimentés devra être réduit de moitié d'ici 2015
- Les gouvernements ont la responsabilité de la sécurité alimentaire
- Le commerce est un élément essentiel

Les 7 engagements du plan d'action

1. Assurer un environnement politique, social et économique favorable
2. Mettre en oeuvre de politiques visant l'éradication de la pauvreté et des inégalités, ainsi que l'accès physique et économique de tous à la nourriture
3. Poursuivre un développement participatif et durable de l'agriculture, des pêches, des forêts et du développement rural, dans les régions à potentiel tant élevé que faible
4. Promouvoir un système commercial mondial juste et axé sur le marché, mettant à profit le nouveau cadre commercial international
5. Prévenir et se préparer aux catastrophes naturelles et aux crises causées par l'homme
6. Allouer et utiliser au mieux l'investissement public et privé dans les ressources humaines, le système agro-alimentaire et le développement rural, y compris en allégeant la dette
7. Assurer le contrôle et le suivi de l'exécution de ce plan

Le profit pour quelques-uns ou l'alimentation pour tous

Déclaration du Forum des ONG

1. Renforcer les capacités des petits producteurs, incluant les autochtones, les femmes et les jeunes, de même que les systèmes alimentaires locaux et régionaux
2. Inverser et prévenir la concentration des richesses et du pouvoir
3. Modifier les systèmes de production agricole et alimentaire qui se basent sur des ressources non renouvelables et qui affectent l'environnement
4. Renforcer les mécanismes et la capacité des gouvernements de manière à ce qu'ils assument leur responsabilité de garantir la sécurité alimentaire
5. Renforcer la participation des groupes communautaires et des ONG
6. Garantir dans le droit international la primauté de la souveraineté alimentaire sur les politiques macro-économiques et la libéralisation du commerce
7. Assurer le suivi du Sommet mondial et de son Plan d'action.

Fig. 1 Déclaration du Sommet Mondial et du Forum des ONG

continueront encore longtemps à crever de faim alors que dans les pays industrialisés, on jouit d'approvisionnements alimentaires toujours plus importants, dont les prix tendent même à baisser.

Importance des petits producteurs, dont les femmes (Déclaration du Forum)

Alors que dans la Déclaration et le Plan d'action du Sommet, on mise en priorité sur le commerce international et par conséquent sur les transnationales pour accroître la sécurité alimentaire par le biais du commerce sans barrières, les ONG insistent sur le rôle crucial des petits producteurs (incluant les autochtones), des femmes et des jeunes, en un mot, de ceux qui produisent la nourriture dans le respect de l'environnement. L'importance de renforcer les capacités de ces groupes est réitérée dans la Déclaration des ONG. Pour Via Campesina, la sécurité alimentaire c'est aussi le droit de produire; c'est l'accès à la terre et autres ressources nécessaires, non seulement l'accès à la nourriture. Au caucus des femmes rurales, on a signalé le fait que même si la Déclaration de Rome soulignait le rôle des femmes, il n'y était pas fait mention de celui qui touche à la gestion des ressources naturelles. L'importance pour les femmes de voir leur travail reconnu et valorisé, de même que d'avoir accès à la terre, au crédit, à l'information et à l'éducation, générale et agricole, a été réitérée.

Les 7 engagements du Sommet et l'engagement no. 8

Le Plan d'action du Sommet comporte 7 engagements, lesquels sont résumés au schéma précédent. On se fixe notamment comme objectif de réduire de moitié le nombre de sous-alimentés d'ici à l'année 2015, soit 420 millions comparativement à 840 millions aujourd'hui. Castro et bien d'autres trouvent cet objectif bien frileux, modeste et même indécent, puisqu'il insinue qu'on accepte que 420 millions d'individus n'aient pas assez à manger.

L'engagement no. 8, qui ne fait pas partie de la Déclaration des ONG mais est une initiative prise par le Forum lors du caucus sur l'agriculture durable, consiste à obtenir l'engagement écrit du plus grand nombre possible d'individus présents à Rome, au Sommet ou au Forum, pour la réalisation du droit à l'alimentation

avec un texte de convention prêt pour discussion en 1999 et pour un système équitable de production alimentaire. Le texte de l'engagement no. 8 reconnaît que certains points sont encore litigieux (le commerce, les droits de propriété intellectuelle, l'agriculture durable), mais propose aux signataires de maintenir le dialogue et de suivre ces questions avec vigilance.

Suivi du Sommet

La Déclaration et le Plan d'action du Sommet ne prévoient pas de mécanismes opérationnels pour le suivi. Ce qui dérange, en effet, c'est que la rhétorique y est; on trouve tous les mots-clés dans le texte de la Déclaration de Rome: les femmes, les autochtones... Mais il n'y a que bien peu de choses derrière les mots, puisqu'aucun engagement concret n'est pris. Pat Mooney (RAFI) en faisait état lorsqu'il déclarait qu'il y avait tous les noms requis mais pas de verbes dans le Plan d'action; de même, Vandana Shiva, dans sa présentation lors de la journée des femmes au Forum d'ONG, affirmait que le Plan péchait par omission, plutôt que par commission, puisqu'il n'engageait à rien. Néanmoins, il y a au moins 3 points du plan d'action qui se prêtent à la collaboration de tous les acteurs concernés pour la poursuite du travail entrepris vers la sécurité alimentaire: le droit à l'alimentation, la campagne de l'alimentation pour tous et enfin, l'élaboration d'une carte de la faim. Les ONG prennent le relais en concluant leur Déclaration par l'engagement de la société civile à assurer un suivi au Sommet, particulièrement des 7 engagements pris et de la participation active à la campagne pour l'alimentation pour tous. Il y est précisé qu'au delà du code d'éthique et de la convention sur la sécurité alimentaire, la campagne de l'alimentation pour tous devrait être l'occasion de la conjonction des efforts à tous les niveaux pour que soit respecté le droit à une alimentation adéquate. On recommande aussi que des représentants de la société civile soient présents dans le Comité de la sécurité alimentaire globale pour prendre part aux activités de suivi du Sommet. Il est également possible de donner suite localement en associant les différents acteurs à l'établissement d'une carte de la faim (de l'insécurité alimentaire, devrait-on dire), depuis l'échelon communautaire jusqu'au niveau national.

Plusieurs dates-clés sont rappelées en rapport avec des stratégies de sécurité alimentaire:

- Les réunions de la FAO, qui devraient être l'occasion d'insister sur la mise en application du droit à l'alimentation, en particulier les conférences régionales et la conférence globale de 1998;

- Les activités de l'Organisation mondiale du commerce, où la question du suivi de l'impact de la libéralisation du commerce sur la sécurité alimentaire devrait être ramenée: la rencontre des ministres le 6 décembre 1996 à Singapour et la réunion de 1999 sur l'agriculture et la propriété intellectuelle.

Peu sur l'insécurité alimentaire dans le Nord

La sécurité alimentaire globale, celle des États et celle des gens... N'y a-t-il pas un risque de confusion ou de méprise à utiliser le même terme, «sécurité alimentaire», pour désigner des notions aussi distinctes tant dans leur échelle que dans les conditions de leur réalisation que la production agricole mondiale suffisante, suffisamment stable et suffisamment durable pour qu'elle suffise en principe à couvrir les besoins nutritifs (en énergie surtout) de la population croissante; d'autre part, l'accès des ménages aux ressources permettant de produire ou d'acheter assez pour se nourrir?

Même lorsqu'on parle de l'insécurité alimentaire des gens, ce n'est pas un problème qui a toujours la même physionomie, la même acuité, les mêmes causes et par conséquent, les mêmes remèdes. Il s'agit toujours de l'impossibilité chronique ou passagère de produire ou de se procurer dans la dignité les aliments qui permettent une vie saine et active tout en étant culturellement acceptables. Toutefois, le problème est différent, par exemple, dans des populations de réfugiés, dans des pays à déficit vivrier d'Afrique sahélienne, dans des bidonvilles d'Amérique latine, ou encore, dans des quartiers défavorisés de Toronto ou Montréal.

L'insécurité alimentaire a une dimension qualitative, puisqu'elle se caractérise, comme la Déclaration du Sommet le rappelle, par l'accès à une alimentation *adéquate*, donc suffisante en quantité et suffisamment variée pour répondre aux besoins nutritionnels. C'est surtout la sécurité alimentaire qualitative qui pose problème dans les

pays industrialisés, alors que manque de nourriture s'y ajoute dans nombre de pays en développement.

Reconnaissons-le, c'est la sécurité alimentaire à l'échelle mondiale et donc dans sa dimension quantitative qui était le point de mire du Sommet et du Forum de Rome. Pourtant, l'insécurité alimentaire qualitative est aussi une réalité qu'on tend à négliger dans les tribunes internationales. À moins de reconnaître cette forme d'insécurité alimentaire, qui limite les choix et peut se répercuter sur la santé nutritionnelle à plus ou moins long terme, il est difficile pour les profanes de comprendre le problème de l'insécurité alimentaire dans un pays comme le Canada, car les personnes dont c'est le quotidien peuvent fort bien ne pas manifester de signe extérieur de manque de nourriture et même, s'agissant d'adultes surtout, présenter un excédent de poids.

Il est également malaisé, à moins d'être sensible à l'insécurité alimentaire qualitative, de reconnaître le rôle que peut jouer l'agriculture au sens large dans la lutte contre les carences en micro-nutriments comme la vitamine A et le fer, ce qui corrigerait notre tendance toute nord-américaine à adopter une approche médicamenteuse de ces carences. Ce faisant, on réalise d'emblée que le rôle du secteur de la production alimentaire, à l'échelle globale comme dans les pays en développement plus particulièrement, va bien au-delà de l'augmentation du volume des denrées de base disponibles. Enfin, la notion de sécurité alimentaire qualitative permet de mettre en relief la nécessité, outre les disponibilités alimentaires et leur accessibilité, d'un minimum d'information et de compétences en matière de choix et de manipulation des aliments.

Les répercussions vraisemblables ou potentielles de nos systèmes de production et de nos modèles de consommation alimentaire dans les pays du Nord sur la sécurité alimentaire mondiale et sur celle des pays en développement est un autre aspect de la problématique sur lequel le Sommet et même le Forum ont été assez discrets. Néanmoins, le Forum parle dans sa Déclaration de modifier les systèmes de production (et de consommation?) qui occasionnent un gaspillage de ressources et qui contribuent à polluer l'environnement. Dans une approche de solidarité Nord-Sud, il y aurait peut-être lieu de sensibiliser et de se

préoccuper de manière spécifique de ces impacts sociaux et environnementaux négatifs de nos habitudes alimentaires, en Amérique du Nord comme dans les autres régions industrialisées.

Vers un Plan d'action canadien pour la sécurité alimentaire, élargissant celui sur la nutrition?

À quelques mois du Sommet de Rome et 4 ans après la Conférence internationale de nutrition (CIN) tenue également à Rome, le Plan national d'action pour la nutrition au Canada (La nutrition pour un virage santé: voies d'action, 1996) était lancé, ce dont il y a lieu de se réjouir. Toutefois, le plan est pour le moins discret sur le problème de l'insécurité alimentaire. Le terme «sécurité alimentaire» n'y est pas même mentionné. Pourtant, l'insécurité alimentaire existe même au Canada et son amélioration à l'échelle des ménages était une des stratégies du Plan mondial d'action adopté à l'issue de la CIN. Par ailleurs, les problèmes et actions de nutrition y sont surtout abordés dans une perspective canadienne, l'action du Canada pour l'amélioration nutritionnelle à l'échelle mondiale étant traitée séparément et apparaissant comme un aspect bien secondaire.

Il est intéressant, mais inquiétant aussi, de noter que lorsqu'il est question de nutrition, chez nous comme ailleurs, on pense «santé» mais relativement peu aux systèmes alimentaires qui sont en amont de la consommation, dont l'accès à la nourriture qui caractérise la sécurité alimentaire. Le plan en fournit une

nouvelle illustration. En revanche, la sécurité alimentaire est une préoccupation qui, à l'échelle mondiale tout au moins, interpelle principalement le secteur de l'agriculture ou de l'agro-alimentaire, mais fort peu la santé et même la nutrition (à moins de l'assimiler à l'aide alimentaire), ce qui s'est vérifié au Sommet et au Forum de Rome. À la FAO même, qui a convoqué et organisé le Sommet, la sécurité alimentaire est rattachée aux départements de production agricole et fort peu au département de nutrition.

Le Canada avait amorcé un processus participatif lors de la préparation du Sommet en consultant plusieurs partenaires dont les ONG, à travers le pays. Il pourrait maintenir son rôle de chef de file en adoptant un Plan d'action sur la sécurité alimentaire qui accompagne, élargisse et renforce celui sur la nutrition et, qui plus est, qui intègre les préoccupations locales et mondiales. Le gouvernement, comme les partenaires de la société civile, auront à y consacrer quelques ressources pour que ce Plan soit élaboré dans la concertation et pour que la mise en oeuvre des actions soit effective.

Il importe que les économistes familiaux et les nutritionnistes s'allient avec d'autres partenaires, ONG et groupes professionnels, de manière à inciter les gouvernements à assumer leur responsabilité dans la solution du problème de l'insécurité alimentaire, tant localement que globalement.

Note

¹ Catherine Vincent, *La sécurité alimentaire de la planète passe par une révolution «doublement verte»*, *Le Monde*, 16 novembre 1996.

The World Summit and the Rome Forum on Food Security: A Participant's Reflections

Hélène Delisle

Two food security conferences took place concurrently in Rome last November. The World Food Summit, held at FAO headquarters, gathered delegates and heads of state from some 190 countries, as well as representatives of international organizations and observers (all in all, some 6,600 people). The Non-Governmental Organization (NGO) Forum met at the Ostiense Terminal where more than 1,200 associations were represented.

Reporting on events such as these that have been planned over a period of many months is difficult — the preparations are often more interesting than the outcomes. Moreover, food security is an extremely complex problem and its many facets, under consideration since about 1975, cannot be discussed in a relatively short paper. To deal adequately with the problem's many aspects with any authority demands an extremely diversified set of skills. Therefore, in this paper I will settle for simply sharing personal impressions on certain aspects and commenting from my experience as a nutritionist, knowing very well that it is impossible to be either exhaustive or completely objective.

The Summit provided a venue for an impressive number of interest groups and organizations to circulate declarations, policy statements, action plans, etc. Several of these documents were available at both FAO headquarters and the NGO Forum, but it was especially at the Forum that there was time and space to assert and support positions. Several participants from the Summit would actually end up at the NGO Forum, where more was happening. Not a single major Western leader attended the Summit. On the other hand, Fidel Castro's presentation monopolized everyone's attention at both the Summit and the Forum.

The Summit presented no surprises, although this was the first time that heads of state had met to discuss the

world food security problem. The Declaration and Plan of Action for the Summit had already been signed at the 22nd Session of the UN Food Security Committee last October 31st. The preparation phase for the conference stage was long, tedious, and tumultuous, requiring two-and-a-half years of planning and numerous regional consultations and negotiations to achieve this text filled with compromises. In addition, 15 voluminous technical background papers were prepared. At the Summit itself, following the FAO Director-General's address and presentation of the Rome Declaration and Plan of Action, there was a string of presentations (about 200) by heads of delegations and heads of state. In principle, these were to be no longer than a few minutes each. For space and security reasons, only three people per delegation and a few observers were allowed in the FAO plenary hall, while the others were relegated to other halls to follow the proceedings on closed-circuit television.

The NGO Forum, on the other hand, was extremely animated and dynamic, offered a number of events (planned and quasi-spontaneous), and attracted many participants and a plethora of documents. Many rural organizations and groups representing small producers were very active and made their presence known. A Women's Forum held a Day on Food with presentations and a panel on the food situation. The Global Network on Food Security, whose headquarters is in Ottawa, brought out about five issues of its Newsletter during the Rome Summit and Forum.

One very positive element coming out of the planning for the Summit and the event itself was that a number of decision-makers became aware of the food insecurity problem. In North America, the fact that a worsening economic situation aggravates the food insecurity problem came to be recog-

nized. As Jacques Diouf, Director-General of FAO, noted, the Summit must be seen as only a first step, to be followed up by decisions at the national level. He stated his belief that since commitments made during the Rome Summit are linked to the objectives of the previous seven UN Conferences held during the last decade, they should not represent an additional burden for participating countries.

The dust has now settled, if it was ever disturbed at all. Actually, in Que-

Abstract

The author shares her views on the UN World Food Summit and the NGO (Non-Governmental Organization) Forum on Food Security held in Rome last November. The UN Rome Declaration relies heavily on global and free markets for food security, whereas the NGOs object to concentration of profit and power in the hands of a few. Their focus is on people, small producers and local food systems, and on food sovereignty. The Forum recommends two international legal instruments to formalize the right to food: a Code of Conduct and a Global Convention on Food Security. The Summit reaffirms the right to food but does not propose mechanisms to enforce recognition of this fundamental human right. The Summit and Forum primarily addressed food issues at the global level and in the developing world and the quantitative dimension of food security, i.e., producing, distributing, and accessing enough food. In countries like Canada, food insecurity issues are mostly qualitative. Another aspect receiving little attention in Rome is the impact of our food production and consumption systems on food security of developing country populations and of the whole planet. Home economists have an important role to play in improving food security, not only at the family and community level, but also at the national and global level.

The Author

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bec in October and November of 1996, the provincial socio-economic summit received more attention than the World Food Summit. In any case, we have yet to see what will come out of the events in Rome that required years to plan and the expenditure of so many resources, both human and other. The Declarations and Plans of Action have been tabled and approved, but what concrete actions will have taken place in one, five, or ten years' time?

The Two Solitudes?

These events were for us, at least on the surface, a perfect illustration of the "two solitudes," with governments on one side and NGOs on the other. This phenomenon had already arisen at previous international conferences and summits, especially in Rio and Beijing. In Rome, for example, the NGOs were granted, finally, a few minutes on the last day of the Summit to present the Declaration they had prepared collectively on the spot from November 11 to 13. In Canada, a more participatory approach had been taken and the NGOs had been closely involved with gov-

ernment in preparing the Canadian position on the Summit. In Rome, many Summit delegates also registered for the Forum where they spent most of their time. Those are two positive signs, although still very tentative, of the two sides coming together. Nonetheless, the polarization of "the two solitudes" was striking in the Declarations and Action Plans, as indicated in Figure 1.

Free Trade vs Food Sovereignty

Market globalization and free trade are at the core of the dominant doctrine that shows through in the Rome Declaration, the Plan of Action, and even in the North American positions. Some NGOs voiced their suspicion that transnationals had financed the Summit. At the very least, their profound influence could be detected in the official positions of the industrialized countries. Free trade and access to international markets are presented as the magical solution to food insecurity. But in our opinion and that of the NGOs and almost all developing countries, transnationals and the World Trade Organization are not in a posi-

tion to resolve the problem. Markets should be required to conform to trade regulations focused on food as a basic necessity and not a commodity like any other. From this came the idea, which gained a lot of favour at both the Summit and Forum, of developing a Convention with the power of an international treaty on food security.

In contrast to the Neo-Liberal doctrine, the NGO Declaration denounces profit for few as a concept that is in opposition to food security. It advocates self-sufficiency or, better still, state sovereignty over food. "Food sovereignty" is defined by Via Campesina, a group of small farmers and peasants' organizations, as the capacity of each nation-state to maintain and develop its own capacity to produce basic food-stuffs in keeping with its culture and biodiversity. Moreover, the NGO Declaration insists on the need to change current values, priorities, and policies, if we are to eradicate hunger. Bovine Spongiform Encephalopathy (Mad Cow Disease), that wreaked havoc in Europe, showed us what can come of production systems focused only on

Rome Declaration On World Food Security

- * Everyone has the right to safe and nutritious food
- * Food should not be used as an instrument for political or economic pressure
- * The number of undernourished people must be reduced by half its present level by the year 2015
- * Governments are responsible for food security
- * Trade is an essential element

The Seven Commitments Of The Plan Of Action

1. To ensure an enabling political, social, and economic environment
2. To implement policies aimed at eradicating poverty and inequality and improving physical and economic access by all to food
3. To pursue participatory and sustainable development of agriculture, fisheries, forestry, and rural development in high- and low-potential areas
4. To promote fair and market-oriented world trade, taking advantage of the new international trade framework
5. To prevent and be prepared for natural disasters and man-made emergencies
6. To allocate and best use public and private investments in human resources, the agri-food system, and rural development, including alleviating the debt
7. To ensure the monitoring and follow-up of this plan

Profits For A Few Or Food For All NGO Forum Declaration

1. To strengthen the capacity of small producers, including indigenous people, women, and youth, as well as local and regional food systems
2. To reverse and prevent the concentration of wealth and power
3. To change the agricultural and food production systems that rely on non-renewable resources and negatively affect the environment
4. To strengthen the mechanisms and capacity of governments to fulfil the responsibility of ensuring food security
5. To strengthen the participation of people's organizations and NGOs
6. To guarantee in international law that food sovereignty takes precedence over macro-economic policies and trade liberalization
7. To ensure follow-up to the World Summit and Plan of Action

Fig. 1 Declaration and Action Plan of the World Summit and NGO Forum

profits while endangering humans and their environment. An appetite for profit has led some cattle producers to adopt techniques contrary to nature such as feeding meat by-product to herbivores. The occurrence of the disease also tests the validity of agricultural systems with respect to concerns of the consumer and the environment.

Maria Mies, a member of the women's panel on food industrialization at the NGO Forum, expressed shock that northern overconsumption and waste were never discussed at the Summit. Furthermore, she urged the FAO to look into the lack of openness on the part of agri-food transnationals who could very well move into the market with transgenic foods, in particular soybean products, without informing the consumer.

Everyone Has a Right To Safe and Nutritious Food

The Rome Declaration reiterates the right to be free from hunger without, however, providing mechanisms that allow this right to be respected. Nevertheless, it does denounce the use of food for political or economic ends. The Hon. Ralph Goodale, Canada's Minister of Agriculture and Agri-Food, emphasized the right to food in his presentation: "We believe that the right to proper food is a fundamental human right that must be reaffirmed." But Washington is still wondering if food security is a right or if it depends solely on the free market. The reality is that the United States still refuses to formally recognize a fundamental human right to food, afraid perhaps of having to defend itself against the action of food-deficit countries.

As for the NGO Declaration, it strongly affirms the right to food, a right it wants formalized first in a Code of Conduct and then a global convention on food security. It is possible that Canada — the government as much as the NGOs — will play a key role in the preparation of these legal instruments. A Convention that would make food security a priority in international politics would aim especially to help states assume responsibility for implementing national food security programs, furthering the participation of civil society in the development of food security strategies at the international, national, and local level, and encouraging international trade agreements that guarantee that importer countries have access to the staple commodities they cannot produce themselves.

Those Who Trust Science and Technology and Those Who Don't

Within the last twenty years — that is, since the time of the first World Food Conference — food production has nearly doubled. However, this Green Revolution, in spite of its achievements, did not lead to a decline in world hunger, even though the world is now producing 15% more food per capita than it did twenty years ago. Production will need to double to feed the expected 8.5 billion people in the world 25 years from now. More and more we are counting on biotechnology, at least in the halls of the World Bank and the transnationals, to ensure food security for the projected nine billion inhabitants of this planet in 2025. Transgenic plants had their place at the Summit, but it is doubtful if they will be able to contribute much towards decreasing the number of undernourished. In Asia, where the Green Revolution has produced good results, biotechnologies are now seen as potentially profitable for many countries. Meanwhile, results in Latin America and Africa are less promising. Certainly transgenic modifications can make cultivation of food crops more productive and less dependent on pesticides and chemical fertilizers. But, at the same time, these technologies increase a developing country's dependence on transnationals who hold the patents and genetic resources and on industrialized countries. What's more, as with the Green Revolution, the poor who are battling food insecurity are not likely to benefit from these innovations.

That is why we speak more and more of a "doubly green revolution" that would have a double objective in accordance with the double principle of equity and sustainable development: to increase world food production by favouring the poorest people and regions — in other words, those forgotten by the Green Revolution and the first to suffer from the risks of food shortages; and, at the same time, to make sure that agriculture isn't damaging natural resources. In this context, biotechnology could play a role by maintaining biodiversity, by helping select useful plants, and by accentuating, through transgenic modifications, those characteristics that would be useful in increasing production¹.

The question is not, will the planet be short of food but, rather, will the disadvantaged, mostly in the Third World, continue to die of hunger while,

in industrialized countries, we enjoy abundant food supplies with prices even tending to decline.

The Importance of Small Producers, Including Women (Forum Declaration)

The Summit Declaration and Plan of Action gives priority to international trade and, consequently, to transnationals to increase food security through free trade, while the NGOs stressed the crucial roles of small producers (including indigenous people), women, and youth — those who respect the environment — in food production. The NGO Declaration reiterates the importance of strengthening the capabilities of these groups. For Via Campesina, food security is also the right to produce; it emphasizes access to land and other necessary resources, not just access to food. At the rural women's caucus, it was pointed out that even though the Rome Declaration stresses the role of women, it does not mention her role in managing natural resources. The women stressed the importance of seeing their work recognized and valued, as well as having access to land, credit, information, and education, both general and agricultural.

The Seven Summit Commitments and Commitment 8

The Summit Plan of Action consists of seven commitments which are summarized in Figure 1. The main objective is to reduce by half the number of undernourished by the year 2015 — from today's 840 million to 420 million. Castro and many others find this objective coldhearted, timid, and shamefully unambitious, because it insinuates that it is acceptable for 400 million people to not have enough to eat.

Although not part of the NGO Declaration, Commitment 8 is an initiative taken by the Forum, during the caucus on sustainable agriculture, to obtain the written commitment, from as many individuals as possible of those present at the Rome Summit and Forum, to the recognition of the right to food through the preparation of a Convention or Treaty, to be ready for discussion in 1999, and to an equitable system of food production. The text of Commitment 8 recognizes that some points are still contentious, such as trade, intellectual property rights, and sustainable agriculture, but proposes that the signatories continue the dialogue and monitor these issues with vigilance.

Summit Follow-Up

The Summit Declaration and Plan of Action provide for no operational follow-up mechanisms. The disturbing part is that the rhetoric is there: all the key words are in the Rome Declaration text — women, indigenous people, etc. — but there is very little concrete commitment underlying those words. Pat Mooney (RAFI) made this point when he declared that the Plan of Action contained all the required nouns but no verbs. Similarly, Vandana Shiva, in her presentation on Women's Day at the NGO Forum, stated that the Plan committed the sin of omission as opposed to commission since it promised nothing. Still, there are at least three points in the Plan of Action that urge collaboration among the actors involved to continue working towards food security: recognition of the right to food, the "Food for All" campaign, and the development of a "Hunger Map."

The NGOs took the lead in concluding their Declaration with the need for society's commitment to ensuring follow-up to the Summit, particularly in monitoring the seven commitments made and active participation in the Food for All campaign. In addition to the Code of Conduct and the Convention on Food Security, the Food for All initiative should become the basis for implementation at all levels of efforts to ensure the right to adequate food. Furthermore, the NGO Declaration recommends that the Committee for World Food Security be expanded to include all actors of civil society in Summit follow-up and that action be taken locally to create a Hunger Map (it should be called a food insecurity map) from the community to the national level.

Several events connected to food security strategies were noted: FAO meetings, which should be opportunities to pressure for the implementation of the right to food, particularly regional conferences and the World Conference of 1998; and World Trade Organization events, where the issue of free trade's impact on food security should be reaffirmed, such as the Ministers' meeting in December 1996, in Singapore, and the 1999 meeting on agriculture and intellectual property.

Food Insecurity in the North Ignored

Global food security, food security of the state, and food security of the people — when the same term, "food security," is used for all of these, is there not

a risk of confusion or error? One meaning refers to sufficient world agricultural production, stable enough and sustainable enough to cover the nutritional and energy needs of a growing world population, while the other refers to household access to resources that enable families to produce or buy enough food to feed themselves. Even household food insecurity does not always have the same features, the same intensity, the same causes and, consequently, the same remedies. It is always about the chronic or temporary impossibility of producing or obtaining with dignity food that is both culturally acceptable and health-promoting. However, the problem looks different among refugee populations, in food-deficit Sub-Saharan countries, in shanty towns of Latin America, or in underprivileged neighbourhoods of Toronto or Montreal.

Food insecurity has also a qualitative dimension, because it is characterized, as the Summit Declaration states, by access to adequate food, meaning sufficient in quantity and varied enough to meet nutritional needs. In industrialized countries, qualitative food security is the main problem while an overall food deficit adds to the problem in many developing countries.

We need to recognize that discussions at the Rome Summit and Forum targeted food security on a global quantitative scale. Yet qualitative food security is also a reality that tends to be neglected at international fora. Unless lay people recognize this form of food insecurity that limits choices and can affect nutritional health in the long-term, it is difficult for them to understand the problem in a country like Canada. People there who experience food insecurity daily could very well not show external signs of undernutrition and actually some adults may appear overweight.

Without some sensitivity to qualitative food insecurity, it is also difficult to recognize the role that agriculture can play in the fight against such micronutrient deficiencies as vitamin A and iron, and correct the North American trend of adopting a solely pharmaceutical approach to specific nutrient deficiencies. The role of the food production sector on a global scale, and more especially in developing countries, goes well beyond an increase in volume of available staple foods. Finally, the concept of qualitative food security emphasizes the need for not just available and accessible food, but

also the need for basic information and the development of skills in making food choices and in food preparation.

Another aspect of the problem to which the Summit and Forum gave little attention was the likely or potentially adverse effects of northern production systems and food consumption models on food security globally and in developing countries. The Forum Declaration does, however, talk of changing production and consumption systems that lead to resource waste and pollution. In the interest of strengthening North-South solidarity, it would be reasonable to become sensitive to and concerned about the negative social and environmental impact of food habits of North America and other industrialized regions.

Towards a Food Security Plan of Action for Canada — Broadening the Nutrition Plan?

A few months before the Rome Summit and four years after the International Conference on Nutrition (ICN), also held in Rome, it was exciting to see the release of the National Nutrition Plan for Canada (Nutrition for Health: An Agenda for Action, 1996). The Plan, however, is very cautious on the problem of food insecurity. The term "food security" is not explicitly mentioned. Yet food insecurity does exist in Canada and its alleviation on a household scale was one of the strategies of the World Plan of Action that came out of the ICN. Also, the Nutrition Plan for Canada addresses nutrition problems and actions primarily with a Canadian perspective while Canada's efforts towards improving nutrition on a global scale come across as merely secondary.

Here, as in other places, when we think "nutrition" we think of health but relatively little of elements of the food system that come before food consumption, including food access which is the main factor that characterizes food security. The Plan is an example of this attitude. On the other hand, food security on a global scale calls into question the agricultural or agri-food sector, but rarely the health or even nutrition sectors (unless it is tied in with food aid). The Rome Summit and Forum attested to this. Even within FAO, the organizer and convener of the Summit, food security is linked with the agricultural sector and very loosely with the nutrition sector.

During the Summit preparation, Canada began a participatory process

by consulting several partners across the country including NGOs. It could maintain its leadership role by adopting a Plan of Action on food security that would accompany, broaden, and strengthen the Nutrition Plan and would, in addition, integrate local and global concerns. The government in

consultation with its civil society partners will have to devote some resources for this Plan to be developed and for its implementation to be effective.

Home economists and nutritionists must ally themselves with other partners, NGOs, and professional groups to encourage governments to assume

their responsibility in solving the problem of food insecurity, locally as well as globally.

Note

¹ Vincent, C. (1996). La sécurité alimentaire de la planète passe par une révolution "doublement verte." Le Monde, 16 November.

Mark your calendar for these upcoming Conferences, Seminars, Workshops, and other events

May 15-17

(Chateau Frontenac, Québec) Active Living...Differently/Actif...différemment. 8th National Forum on Physical Activity and Disability/8ième Colloque National sur L'Activité physique et les handicaps.

Contact/contacté: Active Living Alliance for Canadians with a Disability/L'Alliance de vie active pour les canadiens/canadiennes ayant un handicap, 1600 James-Naismith, office 707-A Gloucester ON K1B 5N4 Tel:(613)748-5747 or 1-800-771-0663; fax: 613-748-5782; e-mail: disability.alliance@rtm.activeliving.ca

May 15-17

(Charlottetown, PEI)

Bridging the Gap: Learning Together in Community. Conference co-hosted by the Canadian Association for Community Education and the Youth Justice Education Partnership.

Contact: Don Anderson. Ph: (902) 368-5982. Fax: 902-368-6144.

May 31-June 14

(St. John's, Memorial University of Newfoundland) 1997 Learned Societies Congress/Congrès des sociétés savantes de 1997. The Congress Registration and Information Booklet will be forwarded on request only/la brochure d'inscription et d'information du Congrès ne sera envoyé que sur demande.

Contact: Congress Secretariat: Tel:(709)737-4360; fax: 709-737-4449; e-mail: learneds@morgan.ucs.mun.ca

June 16-20

(Ottawa) Health Promotion: Walking the Talk in Challenging Times. Health Promotion Summer School.

Contact: Addiction Research Foundation, Training and Education, 33 Russell St., Toronto ON M5S 2S1. Att.: HPSS 1977. Tel.: (416) 595-6020. Fax: 416-595-6644

June 25-28

(Regina, Saskatchewan.) Social Policy, Security, Citizenship: Changing Roles and Defining Goals/ Politique sociale, sécurité et citoyenneté: changements de rôles et définition des objectifs. 8th Conference on Canadian Social Wel-

fare Policy/8ième Congrès sur la Politique Sociale Canadienne.

Contact: Conference Co-ordinator: Jan Joel, Social Administration Research Unit, Faculty of Social Work, University of Regina, Regina SK S4S 0A2 Tel:(306)585-4036; fax: 306-585-4872; e-mail: jan.joel@uregina.ca

July

(South Korea, IFHE Asia Region) The Asia Home Economics Association.

Contact: Lila Engberg, 93-295 Water St., Guelph ON N1G 2X5.

July 4-5

(Dalhousie University, Halifax, NS) Gender and Health: From Research to Policy.

Contact: Atlantic Health Promotion Research Centre. Tel.:(902) 494-2240. Fax: 902-494-3594. e-mail: ahprc@dal.ca

July 9-12

(Victoria) Community Canada — Reaching in, Reaching Out. CHEA Conference 1997. Victoria Conference Centre. Victoria BC.

Contact: Tel:(250) 748-6317; fax: 250-746-7712.

July 22-26

(Radisson Gouverneurs Hotel, Montreal PQ.) Building Bridges...Through Collaboration, Communication, and Celebration/Tisser des liens, en collaborant, en communiquant et en célébrant. Society for Nutrition Education's (SNE) 30th Annual Meeting/ 30ième congrès annuel pour la Société pour l'éducation en nutrition (SNE).

Contact: Society for Nutrition Education, 2001 Killebrew Drive, Ste. 340, Minneapolis, MN 55425-1882 (USA) Tel:(612)854-6721; fax: 612-854-7869; e-mail: labat004@tc.umn.edu

July 27-August 1, 1997

(Montreal) From Nutrition Science to Nutrition Practice for Better Global Health/La nutrition, science et applications, vers une santé intégrale. 16th International Congress of Nutrition/ 16e Congrès international de nutrition.

Contact: Congress Secretariat, IUNS '97, National Research Council of Canada, Building M-19, Montreal Road, Ottawa ON K1A 0R6.

Tel: (416) 993-7271; fax: 416-993-7250

October 30-November 2

(Westin Hotel, Halifax) Access to Justice: The Changing Face of Inequality. 1997 National Conference of the National Association of Women and the Law.

Contact: Association of Women and the Law, Scotia Square, PO Box 34040, Halifax, NS B3J 2S1. Tel: (902) 429-4111. Fax: 902-429-8215.

November 7-9

(Fredericton, New Brunswick) Our Bodies/Our Lives. Canadian Research Institute for the Advancement of Women Biennial Conference.

Contact: CRIAW 97, 519 Beaverbrook Crt., Fredericton, NB, E3B 1X6. Ph.:(506) 450-2632. Fax: 506-451-8389.

Home Economics Education and Early Childhood Education: The Hestian Connection

Abigail S. McNamee and Patricia J. Thompson

As a metaphor, the goddess Hestia — ancient Greek protector of the household, family, and home — casts a long shadow that covers two closely connected fields of study: Home Economics and Early Childhood Education. Thompson (1992, 1994a, 1994b, 1995) has proposed the Hestian/Hermean paradigm to distinguish dual systems of action that operate independently and interdependently in the private domestic (Hestian) sphere and the public civic (Hermean) sphere. The overarching goals of the two systems are sustenance and nurturance in the Hestian system and governance in the Hermean system.

This paper combines the sustenance and nurturance goals of Thompson's Hestian system and the development of an ethic of care from McNamee's work (1995) as applied to children making the transition from home to school, from the private to the public domain.

Joan Tronto (1993) asserts that an ethic of care is "a set of sensibilities which every morally mature person should develop, alongside the sensibilities of justice morality" (p.252). She adds that people cannot care for everyone and everything equally — "it is easy to imagine that there will be some people or concerns about which we do not care" — but does lack of care "free us from moral responsibility"? (p.249). An ethic of care must be "situated in the context of existing political and social theory" and may constitute a view of self, relationships, and social order that is incompatible with an emphasis on individual rights (p. 251).

Although gender division has traditionally been seen as an issue as theorists considered the development of an ethic of care, Tronto implies that caring can be taught, in home and school, and that male and female have

equal potential to develop it. Carol Gilligan and others (Gilligan, 1982; Gilligan, Ward & Taylor, 1988; Gilligan & Wiggins, 1988) have found that "feminine" personality defines itself in relation to, and in connection with, other people more than "masculine" personality does. Women define themselves in a context of human relationship and judge themselves "in terms of their ability to care" (1982, p. 17) which in turn determines their construction of moral problems. Gilligan found that "in all of women's descriptions, identity is defined in a context of relationship and judged by a standard of responsibility and care." She continues, "morality is seen by these women as arising from the experience of connection and conceived as a problem of inclusion rather than one of balancing claims" (p. 169), that is, morality stems from attachment.

Nona Lyons (1983) and Patricia J. Thompson (1994c) both attempt to remove gender division from an ethic of care. Lyons defines two modes of describing self in relation to others: (1) separate/objective and (2) connected. In making ethical decisions, separate/objective individuals of either gender "tend to use a morality of justice" while connected individuals of either gender tend to a "morality of care." Each construction has strengths and weaknesses. Equality is an ideal and the strength of an ethic of justice; consideration of an individual's particular needs is an ideal and the strength of an ethic of care. Impartial concern for others' rights may not be sufficient to provide for care, however, while caring for others may be overly emotional and even unfair.

In a different way, Thompson (1995) describes two modes of conceptualizing self in relation to others as two systems of human action, the Hestian and the Hermean systems, which are not constructed according to

gender. The Hestian system focuses on the private domain emphasizing domestic life, an ideology of connection, an ethic of care, and on intrinsic rewards. The Hermean system focuses on the public domain, civic life, an ideology of control, an ethic of justice, and on extrinsic rewards.

In her work, Thompson identifies Home Economics as the discipline of the Hestian domain. Early Childhood Education might also be considered a Hestian discipline wherein sustenance and nurturance are primary goals. The fact that children must learn to function in both Hestian and Hermean systems and leave one domain to enter another must be taken into account in planning for their development.

Abstract

Drawing on the literature and experience of child development and early childhood education, McNamee demonstrates how Thompson's Hestian/Hermean paradigm can be expanded to provide both a knowledge base and a theory base for early childhood and home economics educators.

Résumé

Se basant sur les écrits et sur l'expérience en matière de développement de l'enfant et d'éducation de jeunes enfants, McNamee démontre comment on peut développer le paradigme Hestia/Hermès de Thompson pour fournir à la fois une base de connaissances et une base théorique qui peuvent servir aux éducateurs de jeunes enfants et aux éducateurs en économie familiale.

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The Relationship Between Home Economics Education and Early Childhood Education

There has always been a strong intuitive connection between early childhood education (ECE) and home economics education (HEE). Both HEE and ECE acknowledge the importance of the Hestian domain in the development of individuals. The mother is the child's first environment, while the family is the child's first teacher, and the home the child's first educational environment. ECE in school settings represents a continuation of processes begun in the home, and teachers often create a home-like school atmosphere to promote a sustaining and nurturing learning environment. The private household, family, and home give way to the public classroom, school, and educational system. The site of enculturation and socialization shifts from a private to a public institution and, ideally, to a balance between the two. For EC educators the home and school are, or should be, equally strong emphases; but we personally believe that the household, family, and home and its emphasis on Hestian values are sometimes underemphasized as EC educators become immersed in a child's school life and the emphasis on the Hermean values in the school system.

The Relationship Between ECE and the Hestian/Hermean Paradigm

In addition to an equal emphasis on home and school, ECE should focus on the interaction between the two systems of human action, the private Hestian and the public Hermean. ECE should function as a connection between the private and public domains and serve as a prototype of such connection, both in conceptualizing classrooms as strongly Hestian, not only Hermean, and in conceptualizing human beings as needing to participate, throughout life, in both domestic and civic life. Often, as a field of study and as an area of praxis, ECE fails in this respect, underemphasizing the Hestian private domain with its focus on connection, cooperation, and caring and under-conceptualizing the Hermean public domain with its emphasis on control and domination.

The Under-Emphasis of the Hestian Private Domain

When EC educators focus only or primarily on school-based education, the function and power of household, family, and home can easily be under-

emphasized, even lost. Then a child's school experience comes to be seen as somehow separate and distinct from the home experience, which comes before a child ever enters a school and continues after time spent in school on a more immediate daily basis. The everydayness of a household's economic activities, together with the ongoing dynamics of the family relationships, creates a psychosocial entity called "home." Home is often a taken-for-granted concept that is nevertheless highly charged as promoting or stunting the growth and development of children. The family which creates the home may be seen, even acted upon, as vaguely negative or vaguely positive as an influence. Household, family, and home are often not seen as influences with which school personnel interact in an ongoing manner, co-constructing an environment that nurtures a child's emotional and cognitive development.

Furthermore, if EC educators organize and run classrooms as Hermean systems of control and domination rather than as Hestian systems of nurturing and sustaining connection, co-operation, and caring, they are training children for public life and a kind of public life that will carry its emphasis on control and domination over into private life. Professionals in both professions should challenge the wisdom of such practices.

The Under-Conceptualization of the Hermean Public Domain

While EC educators have been strong in conceptualizing the school as one aspect of public life, they have not been equally strong in conceptualizing the public domain beyond school as another aspect of public life or the powerful effect of each public setting on the other. Bronfenbrenner would describe these settings as part of a child's entire ecological environment. This he conceived as a set of nested structures, "each inside the next, like a set of Russian dolls" (Bronfenbrenner, 1989, p.3), beginning with the immediate setting in which a child finds herself/himself, moving on then to the relationship between a child's setting and events occurring in private and public settings in which the child is not even present but which affect her/him, and finally to the influences of culture or subculture on each/all private and public setting or settings.

Focusing on the Hestian and Hermean Systems in ECE

When ECE attempts to focus on the whole child, or, more accurately, on a child's whole experience with all of its complex parts, a recognition of the Hestian/Hermean systems holds promise for enriching the field in terms of both theory and praxis. Home life with its often invisible, inaudible nuances of relationship then becomes the focus of study and the stuff of daily experience which must be integrated with school life and work life with their visible and audible demands. The concept of a sustaining and nurturing connection becomes the powerful organizer of ECE, as a focus of both theorymaking and praxis: connections between parents, parent and child, child and sibling, child and extended family members, child and friend, child and ancillary caregiver, child and teacher, child and administrator. EC educators have chosen a profession which holds the nurturing and sustaining connection as a value, a profession which doesn't work well without this kind of orientation. They have chosen a profession which is intimately connected to their own domestic life, and intimately connected to their own early experience of growing up in a family and attending a school.

An ethic of care, with its beginnings in human attachment, has always been integrated into theories of human development basic to both ECE and HEE. An ethic of care has also been integrated into the problem of praxis, as EC educators struggle to apply theory to actual relationships with the children, parents, and colleagues in the public domain, to relationships with their own children and family members left behind in a private domain, or to dissemination in other parts of the public domain.

EC educators are, and should be, involved in civic life, in the public domain. They are professionals working in nursery schools, day care, kindergartens, and EC public school settings to maintain or improve their families' economic status. In these schools and the communities in which they are situate, EC educators are visible and audible as they teach, explain, and justify methodologies and attempt to make life for young children safe, secure, and nurturing. EC educators need to be involved in civic life in a particular way: a way that infuses connection, co-operation, and caring into a Hermean system which, at best,

offers control informed by an ethic of justice, and, at worst, is controlling and dominating and intimidating.

The ethic of justice, for children, for families, for self, is often the only focus of morality theory, but for EC educators it is seldom separated from the ethic of care. It is seen as a continuation of the nurturing early human attachment experiences of the child at home and the Hestian environments of nursery, day care, and EC public school settings.

In the remainder of this paper we focus on the development of the ethic of care of the Hestian system which should permeate HEE and ECE in both theory and praxis.

The Development of an Ethic of Care

The development of an ethic of care begins with the interaction between the private and public domains as the developmental settings where caring might develop, the interaction between cognition and affect, i.e., the thinking and feeling functions of a person, and the interaction between being cared for and being taught that one should care and should integrate receiving care and being supported while being caring oneself.

Without a focus on these interactions, we think that caring cannot be taught; or, more specifically, the teaching of an ethic of care will not "take" unless certain kinds of life experience precede and are then integrated with the teaching. So we might question: How do children develop an ethic of care? Can we facilitate the development of caring children — *care-full* children who are and continue to develop as people "full of care" rather than as *care-less* people, people "without care" — in both the private and public domains? Both domains contain the people, animals, plants, and natural and human-made objects which should be the recipients of care.

We see these questions as the key questions for both home economics and early childhood educators. They underlie our deep concern about the devastating increase in violence in every sphere of our society, and in the alarming numbers of children and adults without conscience — children and adults who are without care.

To move toward answering these questions, whether home economist or EC educator, we need to consider the following ideas about the development of caring: The development of an ethic of care involves both cognition and

affect; an ethic of care develops over time; and an ethic of care, as it develops, is dynamic, affected by known and unknown changing elements in the person as well as in the environment.

Affect and Cognition

It is important to recognize that our goal in facilitating the development of an ethic of care as home economists and EC educators is double-sided. The first side is *affect* — we want a person to feel for his/her relationships to people, animals, plants, natural and human-made objects; to care about caring. This caring feeling is not likely to develop through an approach which emphasizes only understanding; caring is not likely to develop through an objective, factual, or even a problem-solving approach.

The second side of an ethic of care is *cognition* — we want a person to understand the complexity of caring, to understand the necessity and the process of attending to our relationships in a caring manner, to understand the mutual interdependency among people, animals, plants, and natural and human-made objects. Understanding may teach a person that she/he should care, but it may never become a motivator for caring.

Affect and cognition, feeling and understanding, may be construed in relationship as both co-dependent and co-constructed. They must certainly be integrated for we cannot assume that caring will necessarily follow understanding.

Development Over Time

If a system develops, a history, a beginning or precursor, is assumed. When does an ethic of care for the people, animals, plants, natural and human-made objects that surround us in our private and public lives take root and begin to grow in a self-system? We could easily assume that it is developed primarily in school. It might also be easy to assume that an ethic of care begins with a particular curriculum, in essence, a morality curriculum.

An ethic of care, however, takes root in infancy beginning with care-receiving, perhaps even in the womb, as a mother and, ideally, a father anticipate caring for the expected baby. It takes root in this anticipated caregiving and in the actual caregiving from another person from the moment of birth. And we could say it took root in the anticipation of the grandparents for the parents, the great-grandparents for the

grandparents, etc. In other words, it began longer ago than we can return to. It takes root in the reception of physical and psychological caregiving of one nurturing "other," to be continued through the caregiving of additional nurturing others (family, neighbours, teachers, etc.), and it develops into self-nurturing and eventually into the ability to care for and nurture another — person, animal, plant, natural or human-made object. It develops into a feeling of caring enough about another sharer of our private or public domains to nurture that other. Thus an ethic of care begins and develops in human attachment through nurturing experiences.

Attachment, as theory and praxis, is complex and has often been the focus of debate. But there are some basics. It is generally accepted that every animal or human baby is wired for attachment (Klein, 1995) and requires at least one nurturing caregiver to sustain its early development, both physically and psychologically. With human babies, we have learned that physical care (feeding and cleaning) is not enough; that psychological care must also be present and "good enough" for a baby to thrive. "Good enough" psychological care means that the caregiver must be physically and frequently present and be emotionally connected: gentle in touch and general manner, communicative with eye contact and words, in tune and responsive to a baby's expressions of need and desire. How one actually does these things as a caregiver varies greatly and is always modified by the variables of race, socio-economic status, ethnicity, gender, and personality.

Having experienced good enough, nurturing enough, attachment relationships, a developing child moves on, well fortified, to the second crucial but often forgotten aspect of attachment: separation/individuation or the moving away from dependency on the caregiver. Early attachment (which has been essential) would become stifling should it continue. A developing autonomy or sense of self as an individual, separate from the caregiver, is also essential, but generates a sense of loss and mourning for the idealized state just experienced (Klein, 1940/1975; Kavalier-Adler, 1992). The path of separation/individuation is not a quick or easy one to follow. It requires time — all of human childhood and adolescence and, for many of us, the rest of adulthood as well. Carol Gilligan

writes that attachment and separation anchor the cycle of human life both biologically and psychologically (1982, p. 151).

Separation/individuation requires, in experience, differentiating the rest of the environment from the caregiver and the self and exploring this environment in larger and larger pieces, more and more publicly as well as more and more specifically. It requires the experience of moving away, first within the Hestian domain of home and later in the Hermean domain of school and neighbourhood, as well as checking back in. It requires feeling zesty and confident as well as feeling scared of the largeness and strangeness of increasing time spent in the public domain. It requires a sense of loss and mourning for the idealized state of attachment to a caregiver just experienced.

The child who has been supported by one or more caregivers in experiencing both attachment and separation/individuation develops a sense of personal wholeness and integrity, a sense of what it is to be "me" and no-one else in both Hestian and Hermean domains. This child can reconcile the need for both oneness with a caregiver and separation from that caregiver as she/he moves more and more into the public domain.

Dynamic Ethic of Care

The third aspect of the development of an ethic of care is that an ethic of care as it develops is dynamic, affected by known and unknown changing elements in the person as well as in the environment; that is, it is an open system influenced all along the way by our internal and external environments. Our internal and external environments are each multiple and complex and not completely understood, consisting of the interaction of biological influences at all levels (molecular, physiological, individual, group/population) with multiple social and psychological influences over time, i.e., the interaction of our Hestian and Hermean external environments and incorporated internal environments. Both our internal and external environments, in all of their complexities, affect each other and, of course, us. Interwoven through our internal and external environments are those two influences which are referred to as "nature" and "nurture" and which we now know, after years of debate, cannot wisely be separated as explanations for human behaviour.

So, as early childhood and home economics educators, we are dealing with people who are dynamic organisms in some kind of dynamic relationship with their dynamic environments. In addition, as home economics and early childhood educators realize, these dynamic and overlapping environments include both the private domain of household, family, and home as well as the public domain of school, work, and community. All of this dynamism makes for remarkable complexity that we try to organize and order.

Conclusion

How do children develop an ethic of care? Can we, in our different yet related fields, facilitate the development of an ethic of care in children, the development of *care-full* people in both the private Hestian and the public Hermean domains?

In attempting to answer these questions we must recognize that we are groping with complexity in both question and answer. It seems apparent that the experience of early nurturing attachment relationships precede any effort at teaching on our part, in both the home and school and beyond, and dramatically affect the development of an ethic of care. Recent research on infancy provides compelling evidence that the foundations of an ethic of care are present early in human development (Gilligan et al., 1988; Kagan, 1984; Stern, 1985) in an infant's responsiveness to the feelings and caregiving of others.

Throughout the world, well-nurtured, securely attached, and confidently separated children are becoming concerned about, and often actively involved in, caring for the people, animals, plants, natural and human-made objects with which they interact in their private and public lives. EC educators are taking an increasing role in modelling and teaching an ethic of care, in encouraging all children to be care-full as they try to be themselves.

It remains for developmental theorists, home economists, EC educators, and parents to integrate our thinking and action so that we can continue to move forward in conceptualizing and facilitating the continuing development of Hestian people who are care-full, who are capable of connection, capable of co-operation, capable of nurturing in both their private and public lives.

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The Ethical Marketing Of Green Products

M. Mauti and K. Slater

Over the last 200 years, increasing industrialization and consumerism have enhanced pollution and resource depletion. The effluent and air pollution created to bring us electricity, petroleum, packaging, or paper are causing concern. Forests, petroleum or gas deposits, and minerals are depleted to manufacture products and services to which society has become accustomed. Industry, though, is not solely to blame. Without the demand for conveniences such as heating, lighting, air conditioning, refrigeration, transportation, and other products that are used, misused, and discarded, industry would not supply them.

The degradation of the environment occurring both directly and indirectly through individuals' shopping habits or corporations selling environmentally hazardous products, exemplifies the uncaring attitude to the planet in our society. To solve ecological problems, businesses as well as consumers must act more responsibly and the supply and use of products will have to become more environmentally conscious.

A recent initiative that was supposed to slow down planetary pressure from human abuse was the creation of environmentally friendly (Green) products. They are, in theory, produced by a less environmentally damaging process, use fewer resources, and create less waste than present techniques. This approach does not alleviate over-consumption but attempts to minimize its effect by reducing environmental impact.

There is, however, some feeling among consumers that these products may not be as environmentally friendly as is claimed; their use may merely be a marketing ploy using environmental concerns to increase sales. To distinguish between these possibilities requires an environmental audit of all the products, a long and difficult task. An

environmental audit is a process that determines a company's environmental impact by looking at several factors. Such an undertaking can verify compliance with regulations, highlight and correct hazardous practices, locate areas for increasing resource efficiency or introducing green initiatives, and identify successful practices (Carson & Moulden, 1991).

The Development of Ecological Marketing

A company which pioneered the concept of environmentally friendly goods is Loblaw Companies Limited

(Loblaws) with their G.R.E.E.N.TM product line carried under the *President's Choice*TM label. The company does not claim that their approach solves ecological problems but, rather, hopes that G.R.E.E.N.TM products are a positive step in that direction (Nichol, 1989).

Loblaws prides itself on introducing products that Canadians demand. Their management staff introduced cheaper *No-Name* products when Canada's food inflation was at 16%, then offered the *President's Choice*TM line to meet a demand for superior quality. When environmental issues surfaced, the G.R.E.E.N.TM line was created

Résumé

Les pratiques courantes d'une compagnie multinationale canadienne, Loblaw Companies Limited, sont analysées pour déterminer la probité de sa conduite en ce qui a trait aux agissements et à une conscience environnementale. Trois domaines précis ont été étudiés : le degré d'engagement de la compagnie ; les produits *President's Choice*TM G.R.E.E.N.TM (ampoules fluorescentes, couches UltraTM, blanchies sans chlore et filtres à café non blanchis); et les pratiques de vente au détail. En ce qui concerne les produits G.R.E.E.N.TM, on s'est surtout intéressé aux coûts à l'environnement, aux comparaisons avec des produits comparables de marque nationale et aux améliorations possibles à apporter aux produits originaux. Les trois produits semblent être moins nuisibles à l'environnement que les produits comparables de marque nationale, mais ils ne sont pas inoffensifs. Les ampoules fluorescentes sont sur emballés alors que les couches UltraTM et les filtres à café sont conçus pour n'être utilisés qu'une seule fois. En plus de ces lacunes des produits, on retrouve également des manquements environnementaux tels que l'emballage excessif et des produits nettoyant dangereux dans les points de vente au détail. Des programmes conçus pour apporter des solutions à ces problèmes ainsi qu'à d'autres problèmes environnementaux causés au niveau de la vente au détail sont suggérés pour assurer le maintien de normes éthiques élevées par la compagnie.

Abstract

The practices of a Canadian multi-national corporation, Loblaw Companies Limited, are analyzed to determine ethical behaviour in relation to environmental awareness and actions. Three specific areas were studied: company dedication, *President's Choice*TM G.R.E.E.N.TM product line (fluorescent light bulbs, non-chlorine-bleached UltraTM Diapers, and unbleached coffee filters), and retail practices. For the G.R.E.E.N.TM products, attention was focused on environmental costs, comparisons with national brand alternatives, and possible improvements to the original products.

The three products appear to be less environmentally damaging than the national brand alternatives, but are not harmless. The fluorescent light bulbs are over-packaged, while the UltraTM Diapers and coffee filters are designed for one-time use only. In addition to these product shortfalls, environmental defects, such as over-packaging and hazardous cleaning agents, exist in retail outlets. Programs designed to solve these and other retail-caused environmental problems are suggested to ensure that the company can maintain high ethical standards.

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(Nichol, 1989). This line was even more successful than Loblaws had anticipated, producing sales of \$52 million in the first year, with an 82% brand name awareness rate and 27% purchase rate after the first four weeks (Lesh, 1991).

This paper reports an attempt to begin the process of environmental audit by considering three typical products. An investigation was undertaken to identify areas of success, to compare *G.R.E.E.N.*TM products with standard ones, and to highlight environmentally hazardous practices. Company representatives were interviewed to establish Loblaws' dedication to the environment and data were collected to establish how effective dedication was in practice. In addition, data for determining hazardous company practices that could be solved by a Green Program were obtained. Testing involved our subjective critical analysis of the nature of *G.R.E.E.N.*TM products and a physical assessment of environmentally-related aspects of products (by weighing, for instance). The data gathered were obtained from the company and from their records of production, sale, use, and disposal of *G.R.E.E.N.*TM products over a six-month period in 1995-1996.

Company Dedication

Before an audit is undertaken, a company's dedication to environmental well-being should be established since its existence supports claims regarding efforts to solve environmental problems. The analysis may also indicate whether profit or ecology motivates any positive impacts. The level of dedication can be assessed by a qualitative analysis of initiatives undertaken.

Attitudes should first be considered. A company cannot be environmentally dedicated unless all its members including employees and management are loyal to the planet and to programs to save it. One example demonstrating dedication is the response to a 1991 posting by Loblaws for a managerial position, in which the main concern of prospective employees was found to be not salary, as expected, but satisfaction of environmental concerns. Many applicants professed willingness to take a salary cut to satisfy concerns for long-term planetary welfare which could be met by working for Loblaws (Purdie, 1991).

To ensure that workers can practise commitment, a company must be managed by executives who take decisions

regarding product development, sales tactics, or investment strategies with the environment in mind. Patrick Carson, Vice-President of Environmental Affairs for Loblaws, demonstrates his commitment as, in addition to his executive duties, he addresses businesses and students regarding the benefits of "greening" one's life. He has also co-authored the book *Green is Gold*. This guide for businesses planning to "green up" operations describes the new green consumer, explains the environmental audit, and talks about green products, green packaging, and green marketing. It challenges businesses to develop and market products to compete with Loblaws' efforts (Carson & Moulden, 1991).

A company must also have policies and results to prove commitment. Loblaws has a commitment to develop, maintain and implement policies, procedures, and management systems for monitoring operations with a view to protecting the environment. The company further accepts an obligation to review operating practices and procedures at least once a year to ensure policy compliance (Loblaw, 1990). These views indicate dedication to implementing and monitoring programs to help the environment, but no indication of specific actions taken by Loblaws to reduce environmental degradation could be found in information obtained from the company.

However, Loblaws employees have attended environmental conferences, sometimes sponsored by the company. As a result, they have become involved in efforts to raise public awareness of environmental problems and to set up plans for finding solutions. In particular, Carson has attended conferences and encouraged green initiatives or concepts such as environmental auditing and sustainable development (Carson, 1995).

The *G.R.E.E.N.*TM product line is potentially the most powerful indicator of company dedication, if it can reduce environmental costs significantly. In our interviews with them, employees stated that the major purpose of this line is to educate the public about the merits of environmentally-friendly products (Carson, 1995; Griffin, 1995; Polakow, 1995; Wark, 1995). A significant additional factor is the price level of these products. Polls have shown that consumers are willing to pay a premium price for environmentally responsible items (McInnes, 1989), yet most *G.R.E.E.N.*TM products

are priced at, or below, the prices of leading national brands (Nichol, 1989). This suggests the company is trying to encourage product use rather than benefiting as the first to offer an innovation.

This information suggests that Loblaws employs environmentally dedicated employees and executives, and implements policies that result in environmentally aware programs and products, apparently partially motivated by the desire to save our planet. The next step was to carry out a study of the practical manifestations of the company's approach to environmentally-concerned marketing through an analysis of three products in the *President's Choice*TM *G.R.E.E.N.*TM line.

Specific Product Analysis

Environmental costs are paid in the production, distribution, use and disposal of any product, regardless of how environmentally harmless it appears to be. For each product, it is necessary to determine what resources are required and what by-products are created in the supply, distribution, or disposal of the product. Thus, although environmental costs are inevitable, *G.R.E.E.N.*TM products may still have merit. There may, for instance, be environmentally less costly factors in production, distribution, use, and disposal; or consequences of their use may create differences. However, there could be alternatives to the *G.R.E.E.N.*TM products which might be considered even more environmentally friendly if a more harmless production method, reduced packaging, or less-polluting disposal means could be developed.

In the investigation, the three *G.R.E.E.N.*TM products analyzed from this standpoint were the 15-watt fluorescent tubes, non-chlorine bleached *Ultra*TM Diapers, and unbleached coffee filters.

15-watt Fluorescent Tube Loblaws' Claims

Although fluorescent light bulbs have been available for many years, the compact version offered as the *G.R.E.E.N.*TM product (comparable in life, wattage, and luminosity to the standard one) is a recent development (Griffin, 1995). Its new distinctive feature, redesign to fit standard light fixtures, expands its potential usefulness.

On the packaging, Loblaws explains the benefits of this product, stating that the average *G.R.E.E.N.*TM fluorescent light tube lasts ten times longer

than the average incandescent bulb. Also, despite its reduced wattage, the fluorescent bulb can still emit light equal to that of a 60-watt incandescent bulb, conserving 75% of the energy. Finally, the package states that if every household in Canada were to use three 15-watt *G.R.E.E.N.*[™] fluorescent light bulbs rather than the equivalent incandescent bulbs, enough energy would be conserved annually to light Vancouver or Ottawa for that year.

Environmental Costs of Fluorescent Tubes

In the production of fluorescent tubes, resources are used. Glass is needed for the shell, metal for the end-caps, and gases for the internal inert atmosphere; a total of 126 g of these materials was present in each tube. To mould the glass, fill the bulb with gas, and fuse the shell to the metal, energy is consumed and, in making this energy, fossil fuels and/or nuclear material and/or hydroelectric energy are used. In addition to the ecosystem disruptions caused by mining and transporting these resources, the burning (or, in the case of nuclear energy, the reactions) of materials is a major source of pollution, including harmful acid rain and oxides of carbon, sulphur, or nitrogen.

To package tubes, cardboard is used. It can be recycled, but its original manufacture necessitated the destruction of trees with a significant portion of each tree being wasted. Also, harmful chemicals are used to bleach the pulp, together with energy. Recycling of the original paper, if carried out, would still need chemicals and energy, though less than for packaging made of virgin pulp (Greenpeace, 1990). When these tubes, recycled or not, are packaged in a double box, twice as much paper as necessary is used.

Distributing tubes from producer to wholesaler and finally to retail outlets in Southwestern Ontario requires approximately 750 km of transportation (Griffin, 1995) by tractor trailers. This transport uses fossil fuels for the gasoline and oil consumed and the exhaust creates nitrogen oxides, hydrocarbons, carbon monoxide or dioxide, and other harmful pollutants. These chemicals cause environmental problems such as acid rain and smog, while the trucks' engines cause annoying noise pollution (Pollution Probe, 1989).

When consumers use the product, 150 kWh of electricity are used for an average fluorescent tube life of 10,000 hours. The packaging can be recycled

but may not be because of the effort required by the consumer, especially if cardboard can only be recycled at a central, often inconveniently located, depot. (Canada is the third highest per capita consumer of paper and paper products (Greenpeace, 1990) in the world, so reduction of paper waste, representing 36% of our trash, is important.) If paper, metal, or glass recycling is not available, the tube is transformed into 126 g of non-recyclable garbage in an over-crowded landfill site at the end of its useful life.

Comparison with a National Brand of Incandescent Light Bulbs

The first obvious standard of comparison is resource use. It was found that the glass and metal used in one typical (G.E.[™]) incandescent bulb averaged 26 g, rather than the 126 g used for a fluorescent tube. However, the fluorescent tube is the equivalent of ten incandescent light bulbs in life expectancy or service time. According to Phillips Electronics, though, the incandescent product can be made faster than the fluorescent tube, with less energy consumption, because of increased efficiency resulting from better knowledge of production processes (Mavers, 1995).

Both products are packaged in a double cardboard box. The fluorescent tube uses two closed paperboard boxes, weighing a total of 55 g, while the incandescent bulb uses one open paperboard box and one open corrugated box weighing a total of 18 g per bulb, or 180 g per ten bulbs for fair life-expectancy comparison. The incandescent product is packaged in pairs, while the fluorescent one was singly packed, increasing its packaging burden.

Distributing the fluorescent and incandescent devices from the producer to the wholesaler and finally to a retail outlet in Ontario requires approximately 750 and 300 kilometres of transportation, respectively, contributing to resource depletion and pollution problems described earlier.

Wastes created by the two products favoured the fluorescent one. While the waste generated by a single fluorescent bulb weighed 181 g, the equivalent ten incandescent bulbs generated 350 g of garbage including both product and packaging.

The major difference in the two products lies in their use as a result of differences in energy consumption (15 W for the fluorescent tube and 60 W for the incandescent) and useful life

(10,000 and 1,000 hours respectively). By the end of the fluorescent tube's life it will have used 450 kWh less than the ten incandescent light bulbs with equivalent service time. The consumption of raw materials (134 g more for the ten incandescent bulbs), the packaging (125 g more) and the waste produced (169 g extra) all favour the fluorescent tube, making it preferred on environmental grounds.

Future Possible Steps

With present technology, it does not appear that there is a less environmentally harmful alternative to the fluorescent tubes, but changes can be made to the existing product. The most obvious improvement is to eliminate the double package, which gives no greater protection, ease of storage, or product information than a single package. Since over-packaging is a major environmental problem, it should not be overlooked in any green initiative.

Non-Chlorine-Bleached *Ultra*[™] Diapers and Comparison with a National Chlorine-Bleached Brand

The second type of product examined was the disposable infant diaper, comparing a standard and Loblaws' *G.R.E.E.N.*[™] version, *Ultra*[™]. We selected *Pampers*[™], a chlorine-bleached product, for this comparison.

Loblaws' Claims

In the *Insider's Report* (advertising matter for *President's Choice*[™] products) and on the packaging of the *G.R.E.E.N.*[™] diapers, Loblaws explains the benefits of this product. The *Ultra*[™] diapers are made with bleached chemi-thermal mechanical pulp (B.C.T.M.P.) rather than kraft pulp, the industry standard, and are bleached using hydrogen peroxide rather than the usual chlorine. The B.C.T.M.P. process utilizes twice as much of each tree as does the conventional method, leaving less tree as waste, while bleaching with hydrogen peroxide does not release harmful by-products into waterways. If all the disposable diapers used throughout the world were to be replaced by *G.R.E.E.N.*[™] *Ultra*[™] up to 500 million trees could be saved per year.

Environmental Costs of Disposable Diapers

In the production of diapers, resources are used. In producing the absorbent filling, the B.C.T.M.P. process uses

about 1 tonne of wood, 50,000 L of water and 2000 kWh of electricity per tonne of pulp. To brighten pulp after manufacture, 20 to 30 kg of hydrogen peroxide per tonne of pulp are used, with the consumption of an additional 20 to 60 kWh of electricity (Greenpeace, 1990). By contrast, chlorine-bleached kraft pulp uses three to four times as much water and three times as much energy as B.C.T.M.P., though most of the energy used can be generated by burning the excess wood waste that is not available from B.C.T.M.P.. In fact, net electrical energy usage is less for kraft pulping (Greenpeace, 1990). When hydrogen peroxide is used, the by-products are water and oxygen, whereas chlorine bleaching may create harmful organochlorines such as dioxins (Greenpeace, 1990; Shalom, 1993). These are thought to bio-accumulate in animals and proceed up the food chain to produce a carcinogenic threat and to suppress the immune system of animals, including humans (Greenpeace, 1990; "Effluent from mills," 1991; Ontario Ministry of the Environment, 1993).

A Canada-wide industry total of 77,000 cubic metres of non-renewable natural gas is used for the poly-propylene liners for all disposable diapers manufactured (Pollution Probe, 1989). The outer shell uses on average 19 g of polyethylene per disposable diaper, a material which is now recyclable (Entine, 1995), though the difficulty of separating components is still a problem.

Distributing either of these diaper types from producer to wholesaler to retail outlets in Southwestern Ontario requires approximately 100 km of transportation (Griffin, 1995). Consumer use of both types of diaper creates waste by-products. The disposable nature of this product is cause for concern; disposable diapers represent up to 4.5% of household garbage (Greenpeace, 1990).

Wastes created by the two products are similar. A bag of 25 *G.R.E.E.N™ Ultra™* Diapers, including packaging, generates approximately 1.5 kg of waste, or about 55 g per diaper, whereas a bag of 25 *Pampers™* diapers, including packaging, generates approximately 1.35 kg of garbage, or about 54 g per diaper.

Thus, although the *Ultra™* diapers are disposable and do nothing to remedy the huge problem of over-filled landfill sites, they are still a significant improvement over the national brands,

simply because they attempt to solve the many environmental problems associated with bleaching and pulping.

Future Possible Steps

An alternative to the *G.R.E.E.N™ Ultra™* Diapers that may be considered more environmentally friendly would be non-disposable cloth diapers. Cotton diapers use no trees, less energy for production, and less packaging than disposable diapers, as well as creating less waste. On the other hand, the laundering of non-disposable diapers uses water and energy and potentially releases phosphates into waterways to produce an over-abundance of algae, using up oxygen and suffocating marine life (Proctor & Gamble, 1990, 1991; Pollution Probe, 1989). According to many environmentalists, however, the hazards of disposable diapers outweigh those of cloth ones, making the latter less environmentally damaging (Calzavara, 1995). Other considerations were not taken into account in this study.

Apart from non-disposable diapers, diapers made with non-bleached fluff pulp may have advantages over diapers made with B.C.T.M.P. Non-bleached pulp uses less energy and wastes less wood resources (Greenpeace, 1990).

Unbleached Coffee Filters

The third product for comparative purposes is the coffee filter, with a standard paper product, *Melita™* brand, being compared with the *G.R.E.E.N™* unbleached filter.

Loblaws' Claims

Loblaws, in the *Insider's Report* and on the packaging of the product explains the benefits of the *G.R.E.E.N™* unbleached coffee filters. They are not bleached with chlorine so do not release chlorinated compounds such as dioxins into waterways.

Environmental Costs of Coffee Filters

In producing coffee filters, non-renewable resources are used. In the pulping method, chemi-thermal mechanical pulping (C.T.M.P.), the resource use is the same as for the diaper filling except for bleaching. Filter packaging also consumes resources, whether recycled paper or paper made from virgin pulp. Distribution from the producer to Southwestern Ontario requires 2500 km of transportation (Griffin, 1995). Consumer use of the filter creates waste

by-products. The package can be recycled but, as before, this requires consumer effort. Also, the filters themselves can be composted but this again requires consumer cooperation.

Comparison with a Chlorine-Bleached Brand

The differences in the C.T.M.P. pulping method used by the *G.R.E.E.N™* unbleached coffee filters and the kraft pulping method used by the regular *Melita™* brand are the same as those described in the section comparing diapers.

Wood chips used for the *G.R.E.E.N™* unbleached coffee filters are made into a pulp and processed directly into the paper product. Conversely, the pulp used for the *Melita™* brand must be bleached, using chlorinated chemicals which use electricity and can release harmful organochlorines into waterways.

The packages of both products are made from recycled material and weigh virtually the same amounts, 37 g for the *G.R.E.E.N™* package and 34 g for the *Melita™* brand. Wastes created by the two products are similar, both generating 137 g (40 *G.R.E.E.N™* unbleached filters weigh 100 g, with a 37 g package; 40 *Melita™* filters weigh 103 g with a 34 g package). There are virtually no differences in transporting the products to market, both requiring 2500 km.

Thus, the pulp used to produce filters can pose environmental costs and hazards from resource usage and the creation of dangerous chemical by-products, but the *G.R.E.E.N™* unbleached filters are made to minimize the negative effects of pulping and bleaching on the environment, the two products being similar in other respects.

Possible Future Steps

Foil reusable coffee filters would probably be the best environmental alternative to the *G.R.E.E.N™* unbleached ones. A reusable filter would save wood, both by eliminating the need to produce disposable filters and by reducing dependence on cardboard packaging.

Improvements to the packaging for the *G.R.E.E.N™* unbleached filters could also be made. Coffee filters have the potential to produce no land-filled waste because of the recyclable package and compostable product. In order to encourage the most environmentally friendly elimination of this waste, Loblaws should print on the package

reminders to prompt users to recycle and compost.

The G.R.E.E.N.TM Program as a Whole

Currently, the G.R.E.E.N.TM program includes several products and some environmentally-friendly advertising methods. *President's Choice*TM products are advertised in the *Insider's Report*, which uses recycled paper and canola-oil based inks ("Loblaws extends," 1990). Nevertheless, in spite of this program, environmental hazards exist throughout Loblaws and Loblaws-operated stores. These hazards could be eliminated or reduced with a more comprehensive Green Program.

Excessive packaging, even under the *President's Choice*TM label, is a problem. In addition to the packaging of light bulbs discussed earlier, several other examples can be found. Numerous specialty food items, such as *Memoirs of Kobe*TM hamburgers, chicken fingers and fajitas are placed in a triple package. A package of three single serving juice boxes is wrapped together with a plastic over-wrap, as are national brands. The *No-Name Club Pack*TM tuna is in a triple package, while *President's Choice*TM Club Pack Tuna is only in a double package. The reasons for over-packaging are ease of handling and product display.

This problem is beginning to be addressed through compliance with the National Packaging Protocol (Canadian Council, 1990) developed in 1989 to establish targets for packaging reduction (20% by 1992, 35% by 1996, and 50% by 2000). Loblaws met the 1992 target and expects to meet the remaining ones (Wark, 1995).

Over-packaging is only one of many problems. Little is being done in most Loblaws stores to cut down on plastic bags supplied to consumers. In 1990 the company introduced a cotton-string reusable shopping bag but soon had to discontinue the program because of low demand. The company is also currently carrying out an experimental Green Box Program (Wark, 1995) in which customers are sold, at cost, plastic boxes for transporting groceries. This system also has problems. The awkward design of the boxes makes them difficult to manipulate and they are useful only for customers with access to a car. Despite these problems, the program is considered successful by its administrators, who currently have plans to expand it (Carson, 1995).

In their Loblaws' household cleaning section, although certain G.R.E.E.N.TM

products as well as baking soda are included, most of the products are the hazardous ones which have been available for many years. There is no white vinegar and the baking soda display is hardly large enough to draw attention.

Finally, Loblaws mentions that several of their products and packaging are recyclable and that they use large amounts of recycled material in their products. Yet consumers must put forth considerable effort to recycle these packages and products when communities offer recycling only at inconvenient central depots. Loblaws has no program to allow customer recycling in-store and on-site.

Conclusion

Loblaws Companies Limited has a certain dedication to the environment, demonstrated by analysis of the company's policies and actions and attitudes of employees and management. It is also having a significant effect on the environment through the marketing of the *President's Choice*TM G.R.E.E.N.TM line of products, as indicated by our analysis of several examples. Other than these signs of concern, Loblaws carries out practices similar to and consistent with an average grocery chain. A comprehensive G.R.E.E.N.TM Program that covers more than just a line of products but rather deals with every action completed at the store level is needed to expand their green initiatives and hence operate a more ethical business.

The company could develop a flexible, company-wide, reusable grocery-carrying device. Customers could have a choice between reusable green boxes and cotton bags, to meet all types of need. Another proposed program component is a packaging reduction initiative beyond government regulations, allowing Loblaws to be an industry leader in this area while drastically reducing packaging costs. A third possibility could be an enhancement of the store area devoted to cleaning products to include large displays of environmentally safe cleaners. Finally, Loblaws could place in the parking lots of their stores recycling bins to accept newspapers, fine papers, glass, plastic packaging, egg cartons, and possibly even more esoteric substances such as paint, solvents, or motor oil. This would reduce the effort required by customers to recycle materials not picked up by the municipality, and might encourage more people who currently do not recycle to do so more

often. The materials recovered could possibly be used by Loblaws in a closed-loop system to make their recycled products; or, if this is not feasible, the sale of the raw material to outside companies could help to finance this venture.

Some of these suggestions are simple, while others may appear difficult to implement or require invested time and capital. It cannot be claimed that saving the environment will be easy; it may take large amounts of work and money. The suggested comprehensive program is merely an initial step, but some such procedure is necessary if Loblaws wants to avoid being accused of being environmental opportunists.

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Canadian Family Policy Initiatives, 1987-1995: Profile and Analysis

Sue L.T. McGregor and Maria Mayan

Families can be defined by what they look like (structure) or what they do (function). Structurally, Canadian families are diverse: nuclear, single parents, divorced, common law, same sex couples, child free or childless, and blended, to name the most prevalent. The Vanier Institute of the Family (1994) suggests that all families, regardless of what they look like, fulfill several key functions as a social institution: procreation, physical care and maintenance, nurturance, production and consumption of goods and services, control of social behaviour, and maintenance of social morality. In its recent adoption of the United Nations definition of the family, the Canadian Home Economics Association (CHEA) supports a functional definition of family (McGregor, 1995).

There is much debate within the home economics profession and the public at large on "what is family policy." Kieren proposed that "the full evolution of a Canadian family policy appears to be in the distant future" (1994, p.129). Mirabelli agreed that "there's no such thing as family policy in America.... Certainly every jurisdiction has a whole range of social policies that profoundly influence families, but that's not quite the same thing as having a family policy" (1996, p.1). He suggests that *social policy* is a broad concept that includes all government activity that affects the population's income security, health status, educational attainment, and social well-being. In contrast, *family policy* is a coherent explicit set of principles about the state's role in family life. For Zimmerman (1992, 1995), family policy is concerned with individuals in families while social policy is concerned with the status of certain groups or cohorts in society. She categorized veterans policy, poverty, education, health, employment, pensions, disability, taxation, and transfer programs as social policy.

Policies in which the objectives or goals for families are explicitly struc-

tured may be regarded as manifest or obvious family policies with direct, anticipated, intended consequences. Implicit family policies, because of their less obvious family dimensions, may be regarded as latent family policies which have indirect, often unintended consequences (Eichler, 1988; Zimmerman, 1995). The latter policies, including foreign, economic, trade, monetary, fiscal, and agricultural, need to be sensitive to their impact on different family structures and all family functions. Mirabelli (1996) suggests that we refer to this grab bag of social policies that most directly affect parts of families (children, youth, women, and/or seniors) as "family policies."

Few administrative structures have been established that deal with families as a whole and have the ultimate responsibility for "the family" (Nett, 1988). However, several levels of Canadian government have begun to acknowledge a relationship with families by developing administrative structures such as advisory boards, secretariats, or family-related departments or divisions within departments which deal with family policy. To date, the pattern for developing policies impacting family seems to be ad hoc in nature (Baker 1990; Kieren, 1991; Nett, 1988) but recent initiatives provide evidence that Canadian governments are beginning to be sensitive to and advocate for families and are recommending the development of policies and plans of action for families.

Family policy includes such things as foster care, adoption, day care, caregiving, violence against women, and maternal and child health. Every policy which is developed by government has an impact on the daily lives of all Canadian families. Social and family policy, as defined by Mirabelli (1996) and Zimmerman (1992), may or may not be family-sensitive policies. Eichler (1988) states that, since families are so diverse in structure, it may be more appropriate to speak of

policies *for* families (family-sensitive policies) rather than "family policy" or a "department of the family," neither of which are a reality in Canada. There is a debate over what constitutes family-sensitive policy. Should it be a widely agreed-upon set of objectives for family well-being (Eshelman & Wilson, 1995); reflect guiding family principles (McGregor, 1995) or a core of family goals (Baker, 1990; McGregor, 1997); or should it be conceived as a perspective for understanding and thinking about policy in relation to families as we engage in the process of influencing government

Résumé

Cet article fait l'historique des projets d'élaboration de politiques familiales fédérales et provinciales au Canada entre 1987 et 1995. Les auteurs en viennent à la conclusion que l'élaboration de politiques sensibles aux besoins des familles n'est pas encore une grande priorité malgré les beaux discours qui accompagnent ces initiatives gouvernementales. Les familles doivent devenir un élément central du programme de politiques du gouvernement. De même, l'effet de ces politiques sur le bien-être des familles doit demeurer un sujet central de notre plan d'action professionnel.

Abstract

This paper reports federal and provincial government family policy initiatives in Canada between 1987 and 1995. The authors conclude that family-sensitive policy is not yet a high priority despite the rhetoric surrounding these government initiatives. Families must become a central factor in the government policy agenda and the impact of policy on their well-being must remain at the core of our professional agenda.

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activities in a way that is beneficial to families (Baker, 1990; Zimmerman, 1992)? This paper, which reports a study of recent federal and provincial family policy initiatives in Canada, suggests that, from a home economics perspective, family-sensitive policy could be all of these since it reflects a heightened awareness by decision-makers of the family dimensions in all policies and programs.

The study undertook to (a) profile family policy initiatives in Quebec, Saskatchewan, New Brunswick, and Alberta, the four provinces which have set up some type of administrative structures related to family policy between 1987 and 1995, (b) to analyze administrative structures, intent and purpose, definitions of family and family policy, and the application of family principles, and (c) to comment briefly on prevailing ideologies and the use of macro, meso, or micro approaches. Documents prepared by the Government of Quebec (1989), Saskatchewan's Family Foundation (1989-1992) as described by the Senior Policy Advisor of the Department of Social Services for the Province of Saskatchewan (Hedlund, 1996), the New Brunswick Family Policy Secretariat (1995), the Alberta Premier's Council in Support of Alberta Families (1992), the Vanier Institute of the Family (Le Bourdais et al., 1994), and the research of Mayan (1996) were examined for this investigation. (Document details and a longer version of the paper are available from the authors.)

Federal Family Policy Initiatives

Under the impetus of the International Year of the Family (IYF), the federal government in 1992 established the Canadian Committee for the International Year of the Family (CCIYF). The Committee ceased operations in March, 1995, but not before it submitted a proposal to the federal government. The Committee recommended the establishment of two organizations to carry on the momentum initiated by IYF: a Federal Secretariat for the Family (an internal government office) and the National Family Policy Organization (an external non-governmental office) (Canadian Committee, 1995). The Secretariat would serve as a catalyst within the federal government to initiate research and education on the changing structure and status of the Canadian family and the impact of federal policies and programs on the family. It would act as a liaison be-

tween and partner with different levels of government, and prepare family impact assessment statements on all significant new federal laws, policies, and program initiatives. The external organization would help focus the national dialogue on family policy, be available for consultation, collect and coordinate family policy and program-related information, and support research, policy analysis, and education functions of other family policy stakeholders.

The CCIYF concluded that "for the most part, municipal governments in Canada do not have a specific policy on the family" (1993, p.3). Since families are the reality of any community, home economics can appreciate the Committee's suggestion that the boundaries of the municipality give the family its physical identity in terms of streets, neighbourhoods, and public areas. For family members, the municipality becomes an important point of reference, creates a sense of belonging, and provides a multitude of tangible and intangible resources.

The CCIYF (1993) presented a five-step model for establishing a municipal family policy: (a) demographic scan; (b) task force on family issues; (c) public consultations; (d) set of guidelines, principles and policies on the family; and (e) a municipal charter on the family.

The CCIYF (1995) suggested that: (a) collaboration and partnerships should be nurtured and facilitated, (b) changes to families and society should be monitored, (c) families be mainstreamed into public and private policy-making sectors, and (d) individuals' needs be considered in a familial context. Finally, it noted that defining family is more than an academic exercise because the definition influences the impact that select policies have on families.

This constitutes a family-sensitive approach to policy. These recommendations have yet to be acted on by the federal government.

Provincial Family Policy Initiatives

Between 1987 and 1995 some provincial jurisdictions engaged in activities to develop or conceptualize family-supportive policies, programs, or agencies.

Quebec, 1987—Ongoing

Administrative Structure, Intent and Purpose

Acknowledging profound changes to the Quebec family's birth, marriage,

and divorce rates, the Quebec government established a three-part administrative infrastructure to act for families in 1987. This is still in place with no plans to disband (Government of Quebec, 1989; Le Bourdais et al., 1994). A Minister Responsible for the Family is mandated to elaborate and ensure the application of a global government policy regarding Quebec families; oversee the integration of a family perspective in the policies of all the government ministries and services; and promote the family and family policy. A Secretariat on the Family provides the Minister with the services required to implement family policy within the government, and an Advisory Council on the Family (Conseil de la famille) acts as a liaison between the community and government and formulates constructive criticism of the initiatives proposed by government. It also undertakes research and releases briefings on subjects related to family policy.

Defining Family and Family Policy

In defining family, the Council wrote that "family reality is definitely complex and not easily circumscribed" (Government of Quebec, 1989, p.7). It did recognize the functions a family assumes in society but, for its purpose, and "from a practical point of view" (p.8), the Council adopted a structural definition of the family as "the parent-child relationship, or, more precisely, the actual taking charge by one or more adults of the children and the home" (p.8). The Council's definition of family policy falls directly from its definition of the family. Because Quebec's initiative emphasizes parents and children, family policy is defined as "a policy of support for parents" (p.10).

Saskatchewan's Family Foundation, 1989-1992

Administrative Structure

In October 1989, the Saskatchewan Family Foundation was set up as a government department divided into three branches: (I) policy, (II) administration and (III) outreach.

In Spring 1992, the Foundation was disbanded when the decision was made to streamline and integrate government departments and their activities. It was considered more important to have departments work together for families rather than have one special entity responsible for families (Hedlund, 1996). The province implemented Saskatchewan's Action Plan for Children in 1993 (Canadian Institute, 1995, p.74).

Intent and Purpose

The Foundation's mandate was to provide a forum for communications across government programs, facilitate self-help projects to support and strengthen families, and further public knowledge about the well-being of families. It did this through consulting with people about their issues of concern, acting as a bridge between local problems and government programs, reviewing the effect of existing government programs and policies on families, working together with government departments, community groups, agencies, and individuals to make sure

all new programs and policies served the best interests of families, and promoting information and services to help family members improve their family living skills.

Defining Family and Family Policy

Definitions of family or family policy were not available.

Alberta Premier's Council in Support of Alberta Families, 1990-1995 Administrative Structure

In March of 1990, the Alberta government established the Premier's Council in Support of Alberta Families. On

June 30, 1995, a newly elected government determined that the Council had fulfilled its mandate and it was disbanded (Mayan, 1996).

Intent and Purpose

The Council was mandated to advise the government on how its policies, programs, and services affected family life in Alberta and to ensure that attention was given to the needs of families in all public policies. Policies must be assessed to ensure that they encourage healthy family functioning and strengthen the capacity of families to meet the needs of their members

Table 1. Family Principles Evident in Canadian Provincial Family Policy Initiatives and CHEA
(Refer to original policy documents for formal wording of principles)

Family Principles	CHEA	New Brunswick	Alberta	Quebec	Sask.
Recognize and support families as fundamental to society	✓	✓ promote family-focused communities	✓	✓	✓
Support families as they fulfil roles and responsibilities rather than do it for them	promote self reliance not dependence	✓ especially ensure primary and dependent caregiving; ensure individual security and development within a family	✓	✓	✓
Respect diversity of family life and needs	✓	implied throughout the entire policy document	✓	✓	
Decrease potential for family crisis by strengthening families	but not from crisis perspective	✓ preventative strategies are available to deal with family stressors	✓		✓
Recognize strength and persistence of family ties even when they are problematic	✓		✓		✓
Recognize and support family commitment to each other and their stability	respect intergenerational commitments and responsibilities		✓	✓	
Recognize the legitimacy of the "family interest" and well-being	✓		✓		✓
Recognize value of partnerships with families to meet their needs	✓	✓ promote family-focused communities	✓	✓	✓
Give priority to more vulnerable families		✓ (pregnant teens)		✓	
Recognize value of working with others; bridging other government departments		✓	✓		✓
Recognize, assess, and analyze the impact of government programs and policies on families, using the principles in this chart	✓	✓	✓	✓	✓
Ensure readily accessible and available family services		✓			
Respect and enhance families as a flexible and resilient renewable societal resource		✓			
Respect and foster the inherent link between families, communities and the economy	✓ families are systems interacting with other systems	✓			
Recognize family financial needs	✓				
Balance between families and work	✓	✓ encourage family-friendly workplace practices			
Foster equality between family members	✓				

(Alberta Premier's Council, 1992).

Defining Family and Family Policy

The Premier's Council noted that defining family in terms of structure is difficult due to the various family structures that exist in our society; thus, unlike Quebec, the Council chose to follow a functional definition of the family. It borrowed the definition of family policy from Kamerman and Kahn (1989): "what government does to and for families, in particular those public policies that are explicitly designed to affect the situation of families with children... individuals in their family roles... and those [policies] that have clear consequences for families even though impacts may not have been intended" (Alberta Premier's Council, 1992, p. 26).

New Brunswick's Family Policy Secretariat, 1994-1995

Administrative Structures, Intent and Purpose

New Brunswick appointed a Minister of State for the Family in October, 1994, and created a Family Policy Secretariat to co-ordinate family-related government activities and develop initiatives to support the family unit. Six additional layers of bureaucracy were put in place to facilitate the work of the Secretariat, ensuring representation from New Brunswick citizens and ongoing liaison with other departments and other such initiatives in Canada (New Brunswick Secretariat, 1995). The Secretariat released a proposed framework for family policy designed to serve as the foundation for future family-sensitive policy initiatives (New Brunswick Secretariat, 1995). In 1995, the Secretariat and its associated committees were disbanded as planned. The family policy framework has yet to be implemented.

Defining Family and Family Policy

The Secretariat consciously adopted the United Nations 1994 IYF functional definition of the family. The New Brunswick policy document does not explicitly define family policy. Comments extrapolated from it show that New Brunswick felt family policy provides the framework necessary for understanding current issues and policies related to families which becomes particularly critical since family, work, and community are inextricably linked with each other and with the economy (New Brunswick Secretariat, 1995, p.57). There is a reciprocal and inter-

woven link between families and their environments; hence families are influenced by and influence public policies.

Analysis and Discussion

Family Principles

Family policies are a coherent explicit set of principles about the state's role in family life (Mirabelli, 1996). Each provincial initiative discussed in this paper was based on an explicit set of principles which parallel each other and CHEA's principles quite closely (see Table 1). Principles which were not consistent in all provinces relate to family economic security, equality, families and work, and the perception of families from an ecological perspective as a societal resource. (Consult the original policy documents for exact wording.)

Quebec

In 1989, the Advisory Council developed a policy framework entitled *Think and Act Family*, essentially an "evaluation grid or frame of reference for evaluating policies, programs, and services from the point of view of the family" (Government of Quebec, 1989, p.1). Evaluation criteria or principles which are used to guide policies and programs in Quebec are set out in Table 1.

Saskatchewan

The Family Foundation had eight policy priority areas: family living skills; youth; hunger; work and family life; family violence; family income; education and schools; and community agencies, cultural agencies, and municipal government (Hedlund, 1996). (See Table 1.)

Alberta

The Council developed the Alberta Family Policy Grid consisting of eight principles against which each department was to assess its policies and programs affecting families (Table 1).

New Brunswick

The policy framework comprised 40 policy recommendations clustered around 14 family themes and was shaped by nine principles (Table 1).

Administrative Structures

The names given to the administrative structures can provide insights into the intent of the initiative, most notably the temporary nature evident in government's seemingly premature action to disband the structures or build in a short-term sunset clause. Labels such as councils, foundations, secretariats, committees, and agencies infer advi-

sory and supplementary services to more permanent departments which do not normally have a family-sensitive perspective. Temporary structures typically lack any real power in government (Mayan, 1996). Support for families is and will continue to be an on-going issue; it is not something that can be "fixed" in one to five years as was the tendency in these initiatives.

Another feature of the administrative structures is the layers of bureaucracy evident in each initiative, a complexity which is inherent in multi-sectoral approaches to policy development. It is recommended that the implementation of a vehicle to ensure family well-being and family-sensitive policy should encompass an adequately funded long-term three-level authority structure to achieve three interrelated tasks: (a) research and outreach education via an advisory board or council, (b) monitoring and analysis of policy and the context, often through a Secretariat, and (c) policy implementation at the Ministerial level (McGregor, 1996). An analysis of the initiatives seems to support the recommendation for a three-level authority. Where they do not clearly exist, or where one task is missing or incomplete, or where multiple layers of bureaucracy are present, these initiatives are unlikely to meet the needs of Canadian families.

Intent and Purpose

The intent of the initiative in New Brunswick was to develop a family policy framework which would be used in the future while the intent in Alberta and Quebec was to develop and implement a family policy framework for immediate use. Information on the intent of Saskatchewan's initiative is incomplete. It is too early to accept one approach as preferable to another.

Defining Family and Family Policy

Each provincial initiative provided definitions for both family and family policy. Some definitions of family were narrow, based on family structure, while other definitions were very general, based on family functions. Most governments borrowed definitions of family and family policy rather than developing their own, except for Quebec which developed a definition to reflect its context. Saskatchewan's working definition of family and family policy was unavailable at the time of writing.

Even though Quebec recognized

the complexity of family reality and the functions a family assumes in society, the government purposely defined "the family" as the parent-child relationship and, correspondingly, defined family policy as policy that supports parents. Alberta adopted a functional definition of family and, correspondingly, adopted a broad definition of family policy appreciating that "family considerations are not generally addressed in the normal process of policy making. The introduction of a family perspective and family well-being as a standard by which to assess social policies broadens the scope of social policy concerns" (Alberta Premier's Council, 1992, p.7).

New Brunswick adopted the 1994 United Nations functional definition of the family. Its definition of family policy was inferred from the text of the Secretariat's framework document. There was an indication that New Brunswick felt that family policy should embrace the holistic perspective necessary to operationalize a functional definition of family.

Even though the provinces cited a broad, functional definition of family, their strategies have been actually targeted to "parts of families" (i.e., structural): teen parents and single parents in New Brunswick, the nuclear family in Alberta (Mayan, 1996), and children and youth in Saskatchewan (Canadian Institute, 1995). It may be premature to criticize Quebec for its structural definition of family as the parent and child relationship. In fact, in response to the tension in Quebec's family policy, the Conseil de la famille made recommendations to government to include grandparents in family policy ("Of mutual benefit," 1996). It seems that adopting a functional definition of family is sound in its ideology yet very challenging to operationalize.

Prevailing Ideologies

It is important to consider the underlying ideology shaping these policy initiatives. The Residual Social Policy Ideology assumes that the state should help families financially only when family, kinship, friends, or private charities fail. Those embracing this ideology assume that the recipient has no right to government assistance, that social security is a matter of family not the state. The Institutional Social Welfare Ideology assumes that government has a social responsibility to care for people in need based on the principle of collective responsibility (uni-

versality, everyone is eligible). It assumes that living in an industrial society has certain costs attached to it which should be shared by all living in that society (Eichler, 1988; Nett, 1988).

At first glance, it seems that government initiatives in Canada to mainstream family sensitive policy embrace the Institutional Social Welfare model. But one has to question this assumption given the cancellation of all but Quebec's initiative, the failure to implement the CCIYF recommendations for national family policy bodies, and recent, ongoing "social reform" initiatives (health, education, social assistance and employment).

It would seem that the Residual rather than the Institutional model is gaining strength. The effect this apparent reversal of ideology will have on future family-sensitive policy initiatives is yet to be determined. Could this explain why the Department of Human Resources and Development has not formally dealt with the direction from the CCIYF (1995) to form two federal government agencies to deal with family policy, building on the momentum from the 1994 IYF? Will there be government resistance to a lobby for mainstreaming family concerns into policies and programs and to heightened awareness by decision-makers of the family dimensions in all policies and programs?

Macro, Meso, or Micro Approach

Family-sensitive policy can be directed to the structure of society and resultant impact on families (macro level), to the meso level via mediating structures (community agencies, local government, unions, religious organizations, or grass-roots organizations), and to the micro level day-to-day issues of families and individuals (Eshelman & Wilson, 1995). This analysis suggests that New Brunswick and Alberta preferred a macro/meso ecological approach to family policy. New Brunswick assumed that families are a renewable societal resource and that they draw resources in a two-way relationship with society and the economy in a strong family-community relationship. Quebec adopted a micro approach. Information from Saskatchewan is incomplete.

Conclusions

This paper has chronicled recent attempts to bring a family-sensitive perspective into policy at the federal and provincial levels of Canadian govern-

ment. Efforts to mainstream family policy at the federal level have resulted in recommendations for family-sensitive policies, structures, and processes. Recent Canadian government initiatives to entrench family policy, or at least family-sensitive policy and principles, into the Canadian political psyche and infrastructure have met with limited success. The federal government's failure to implement the CCIYF recommendations regarding family policy institutions is disappointing.

Action has occurred at the provincial level. This paper has described four provincial initiatives from several perspectives. Although the family policy principles shaping the policy frameworks seem sound and the three-layer model for administrative structures is sound "in principle," we conclude that family-sensitive policy is not yet a high priority of Canadian governments despite the rhetoric that has surrounded these initiatives. Governments must be applauded for taking a fundamental first step but solving complex, ongoing family problems with a quick fix is not effective in the long run. It is incumbent upon home economists to analyze, critique, and comment on these government initiatives.

Constraints on Mainstreaming Family Sensitive Policy

Families must remain on the government policy agenda, yet many are reluctant to embrace family-sensitive policies. Baker (1994) identified six constraints influencing Canadian policy itself and those struggling with and advocating the mainstreaming of family policy: rapid social change, economic globalization, governments' desire to be re-elected, jurisdictional constraints, regional disparity, and the general public's perception of a need for social reform. To what extent should government be involved in family life? Which type of family should policy target? Are families the problem or do they have problems that need attention via policy? Do they deserve help or not? Which level of government should control or direct family policy? How much concern should there be for the ability of these governments to assess the impact of policies on select groups, to adapt to special needs? How adequately can they monitor policy? Should family policy deal with the day-to-day issues of individuals, with the community through mediating structures, or with the structure and

challenges of society and resultant impact on families (Eshelman & Wilson, 1995)?

Our Professional Role

These are compelling questions in a compelling context which we must reflect upon and critique. "We must speak up, speak loudly, speak often, and speak clearly about the family impacts of government policies" (Kieren, 1994, p.15). Butcher (1995) reminds us that we have expertise and insights pertaining to families enabling us to confidently speak out on what needs to be done. It is time to contribute to and critique government initiatives to develop family-sensitive policy such that mainstreaming family concerns into the policy agenda becomes the norm, not the dream.

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The Family: Policy, Strategies, and Activities

Marilyn Trenholme

What I learned as a child and gave back as a wife and mother is very much a blending of experience, and few are so well prepared for life as a home economist. Family Policy is a natural sequel to home economics.

Almost daily in the media we see issues around the family. They have never before received so much attention. For example, *Business Week* (September 1996), other business magazines, finance magazines, the *Globe and Mail Business Magazine* — we see it everywhere — the family is getting attention such as it never got before. This is the good news. In the work that I have done, I have been strengthened by the Vanier Institute who say that the values families stand for remain — love, affection, mutual support — in fine times and bad. The issues, however, are becoming more worrisome.

I was thrilled in 1994 when Premier Frank McKenna appointed me to be the person in government responsible for the family. He thought there had to be someone there to keep the family in the forefront and start to develop a policy framework to deal with the family. Cynicism was common among the opposition parties.

The 1994 theme was "Families are the Heart of the Province." I constantly say my focus is on the family unit, the backbone of the province and our society. We started out with a Family Policy Secretariat with eight people seconded for a year. At the end of nine months they produced an important document, *Foundations for the Future: Proposed Framework for Family Policy in New Brunswick*. After the election last year, I was placed in the Department of Health and Community Services as the Premier wanted to ensure continuity in this work. This is the transition period.

On the health side, I have two committees. In a Ministerial Committee, nine ministers in government work on the family. Ten ministers will go around

the Province talking about family matters — Education, Labour, Human Resources and Development, Justice, and others. I have all these ministers to help, to buy into this effort. Every month we meet to talk. In the Ministerial Advisory Committee, approximately 35 citizens meet several times a year. We found it was a unique way to involve communities to make a difference for a family. It is not the only way, but it seems to be working.

We were extremely busy preparing for Family Violence Week in New Brunswick. I was responsible for launching a major program composed of a television commercial and poster on family violence. It is the largest TV health program that we have ever launched in the Province. We see some of the spectrum of child abuse and neglect in this commercial. The headline in the Saint John paper November 2, 1996, described the media event as "Stark and Sombre, but Necessary."

All provinces and the federal government are working very hard on issues related to children. The federal government has released a report called *Turning Points*, an important document in which they are talking about a children's agenda. In my province, we certainly consulted with the people. We had put out a call for submission on issues related to children and received 255 replies — the largest number ever in response to a government call. That tells you just how concerned people are about the family.

Out of the submissions we prepared a list of priorities. The result was the document, *Foundations for the Future*, based on what we learned largely from the citizens of New Brunswick. There are 40 recommendations in the document including Economic Security of the Family, Family Friendly Workplace, Multiple Care-giving Roles, Family Focused Communities, Promoting Family Well-Being, Helping Youth Prepare for the Future, Teen

Pregnancy, Parenting, One-Parent Family, Family Violence, Family Counselling, Substance Abuse and Gambling Addiction, Lifelong Learning, and the Future of Family Services in New Brunswick. We are addressing every one of them. Perhaps the most important thing that I can say is that last June we passed in cabinet an order that every policy that affects families, before it would go to cabinet, would come to my attention for a Family Impact Assessment Statement.

We will be having the first National Conference on the Family in New Brunswick in 1997. Certainly across Canada the same challenges to craft family policy exist coast-to-coast. It is important that we understand what the family is in this century. Every time you try to define the family it becomes very difficult. I try not to. There is no one definition of the family. Certainly it is malleable, living, evolving, and changing. The family is very resilient. We have to think of this when making policy. There is no such thing as an average family. Something to be aware of in policy-making is that what is good for one member, one part of a family, or one type of family may not be good for all of society. For

Editor's Note

This paper is based on a presentation, "Through the Eyes of a Home Economist, Nutritionist, Physician, and Family Doctor," given by Marilyn Trenholme, MD, to a workshop by the PEI Home Economics Association in November 1996. We thank Dr. Trenholme and PEIHEA for permission to print this version of the paper.

"On the Job" in the Fall 1995 issue of CHEJ highlights various aspects of Dr. Trenholme's career and notes the recognition she has received both personally and for Home Economics. At the time of her presentation to the PEIHEA workshop, she was Minister of State for Family and Community for the Province of New Brunswick. We are pleased to learn of her appointment in April, 1997, to the position of Lieutenant-Governor of that province.

example, in New Brunswick, we say that we try to keep people at home as long as possible. Who does this place a burden on? The more we do that, the more strain there is on families. But it is a good thing. Seniors want to stay in their own homes. Another example is that we do not give grants to day care any more; instead, we subsidize those on low income to go to day care. It is much more difficult to sustain quality day care when governments don't give grants to day care but only subsidize low income families.

The demographics are certainly changing. Most obvious in demographic change is in the senior population. We are told that in the next century, the number of seniors over 80 years of age will double. Another demographic change arises from the fact that young people are staying at home longer. All these things affect family policy-making.

One of the greatest challenges facing anyone in government, including home economists, is government debt. Even if you do not work for government, you feel the impact wherever you are. We have to cut down on the debt and deficit. We just cannot keep on mortgaging this country forever because it is our children and grandchildren who will suffer. This affects policy and planning. Whether you work in a school, a manor, a hospital — I think the determination is great and people want to do a good job, but resources are scarce. This is placing a great deal of pressure on policy making. So, we really have to prioritize and think of those people who are most vulnerable in our society. I think that is one of the messages of a democratic society. I think that is why Canada is listed year after year as the best country in the whole world in which to live. It is because we are a caring, compassionate society.

Child care remains a great national debate. It seems that 70% of Canadian women want the federal government to be involved in day care, but none can say what they want. The federal government offered 15,000 spaces in Canada, but in our province we have a vacancy rate of about 30%. New spaces are not the answer. What we want is quality day care that is more readily available, and probably in different forms. Certainly, we would like to see pay raises for those who work in day care.

The four-day work week is a very important issue to home economists

and families in general. In our province we have talked a lot about it, and have put out a booklet called *Timely Options: Work Time and Flexibility Programs and Converting to a Four-Day Week in New Brunswick*. At present, these things are just in evolution, so to speak, but flexibility in the workplace and the four-day work week seem important for families. I think more important than a four-day work week is flexibility. A parent can work six hours and take two hours to work at home. We can take a day off if school is cancelled, or for a track and field event, or sports events. One magazine lists the top ten companies in North America in terms of their considering work and family.

From the survey we did for the document *Foundations for the Future*, we found that the number one concern of families in New Brunswick was economic issues and jobs. Respecting the dignity of families, we want to give a hand-up and not a hand-out. The Premier is very aggressive about bringing jobs to New Brunswick.

Second on that list was the prevention of family violence; third on the list was parenting; and community was next. Citizens wanted to know more about youth and parenting, and addictions. All of these issues are to be guided by a policy framework on which I have been working.

We are trying to break down the walls of silence surrounding family violence, first and foremost because we know that, across Canada, 90% of child abuse cases are not reported. In New Brunswick last year, we had 7,000 children and 1,700 families brought to our attention because of the existence of child abuse and neglect, or in need of protection. It is a very big problem.

Parenting is a very important issue. We are holding parenting workshops all across New Brunswick. We expect to have approximately fifty of them this year with posters and titles such as "Parenting Today," "The Toughest Job You'll Ever Have," and "The ABC's of Parenting." We let communities decide how the parenting conferences will be done. We pay for the publicity. There is no registration fee; there is free babysitting, and free lunch; and there is lots of corporate support.

We are holding forums on family violence. It is one of the things that we are able to do on Sunday and no one complains. We talk a lot about the first three years of a child's life, about parents as primary sexual educators, and

about family in the community. We are doing a lot on youth. We launched a province-wide campaign, "Don't Kid Yourself." Every high school student in the province was given a little booklet with the phone numbers in their area, given by region. If they want information on smoking, dating, sexuality, drugs, depression, or suicide, it is in the little book. Along with the booklet we have posters in all schools plus "Don't Kid Yourself" youth fairs in schools last fall.

In terms of communities and family focus, "It takes a village to raise a child" is not just a nice saying. We are talking about community partnerships as never before. Only through grassroots involvement can we sustain programs. We are challenging communities to be family-focused and to put family first, to be family-friendly. These are not just words.

What do we mean by a family-focused community? We mean a community where family issues are at the forefront, and that includes everything from playground to recreation programs, to support groups, to programs for teens and seniors, to celebration events for entire families — so many aspects that I cannot list them all. In all of this we think of families in terms of functions they perform (not their definitions) — the development of children, safety, security, love. This is what we must help families perform in the community. Policy must help the family to do its job.

As home economists, what can we accomplish for families now at the conclusion of the twentieth and the dawn of the twenty-first century? I believe we have challenges and opportunities as never before. When I graduated from home economics, a long time ago, the respect for the profession was not there as it is today. We have the opportunity to write, to speak, and to act as citizens, communities, and governments, and to make a difference.

A Home Economist Speaks Out

The Future of Home Economics: Borders, Brokers, and Random Acts of Kindness

Jennifer Welsh

What is interesting to me, and a fact that I have only recently accepted, is that, for many people, our field is not simply misunderstood but it is also often a curiosity (like corsets and foot binding) needing to be explained as some anachronism, or it is blithely ignored or disregarded as something that simply just doesn't exist. The people I communicate with on this subject tend to be in three categories: social science and women's studies scholars, my colleagues in nutrition and consumer studies, and my students.

In my conversations with social scientists, I find a very real sense of curiosity, a wish to understand our history and point of view, and a sense that we are potential allies in issues of women's labour, day care, and family poverty. I find myself explaining that women's labour is not the centre of our focus, that we have evolved our strength in education and practice rather than in research, and that it's not likely that our field is ever going to answer the questions they're interested in.

My colleagues make up the next group I engage with on the subject of home economics. I get a sense from many of them that they view "home economics" as either an obscure interest of mine or a commitment I make on behalf of the students who don't get an internship. Dietetic internship is like the gold standard of home economics programs! Others will try to help me "see reality," "enter the 1990s," and recognize that the field is dead.

The third group I encounter on the subject is made up of our students whom I meet in our new "issues in professional practice" course. Here I often feel rather like the "monkey in the middle." On one side I feel accountable to the registration requirements of the Ontario Home Economics Association (OHEA) to offer the one

required course on the history and practice of home economics. Another part of me knows that most students in the program want only nutrition and dietetics. Generally we do not use "home economics" but "food and nutrition" practice as the generic practice area in our program where home economics is almost religiously ignored.

It is in this context that I unveil home economics in first year at Ryerson Polytechnic University. If I believe in home economics, which I do, then I have to "construct" it in a way that appeals to my audience, a part of the future of our profession. I am trying to sell them a product that they didn't know they wanted to buy.

Indeed, half of my colleagues deny the existence of the field (either passionately or dispassionately) and most students really don't know what home economics is. I used to think the students were in denial — just refusing to acknowledge the field. But now I don't think so. I think they really just don't encounter the word — or if they do, it is a word like "gramophone" — it is simply an item out of the past. Sometimes they think of home economists as people (women people) who teach sewing and cooking and they dismiss them from their consciousness.

So then I introduce home economics:

- I tell them about the 20 programs across Canada which share this history. There is recognition and interest. We are not alone.
- Then an "ACHES" student visits and tells them, "We are automatically members of ACHES."
- I tell them that most of the university programs are mainly nutrition — again, recognition and legitimacy.
- They read job profiles from the *Canadian Home Economics Journal*, and they like what they read: health promotion, food product develop-

ment, etc. "I never knew home economists did this," they say.

- Then I do articles linking health promotion and home economics.
- Another piece I do is on history. Both "turn of the century" history where I try to show the many different political positions of early home economists — from Ellen Richards and Adelaide Hoodless, to more radical women like Alice Chown or Charlotte Gilman. Then we look at the modern history of the development of OHEA — and students acknowledge and praise the work of the team that caused home economics to become a registered profession in 1989.
- Finally, I look at ethics and home economics: standards of practice, the codes of ethics of CDA and CHEA and larger notions of ethical practice from the reflections of authors like Marjorie Brown and Eleanor Vaines who ask the "big picture" questions.

I'm not sure how well I sell the field in the first year course and I have some concerns about keeping home economics visible for our students. I do believe that those who join home economics associations share a commitment to the holistic perspective of the field. Of course, they see job opportunities and networking advantages, but I think they also value the history and the benevolent philosophy of the field.

The Author

Jennifer Welsh, MSc, is a Professor at Ryerson Polytechnic University in Toronto. Her special interests include the sociocultural aspects of food and food security.

Editor's Note

This article is a shortened version of a presentation given at the 58th Annual General Meeting of the Toronto Home Economics Association, May 8, 1996.



Our belief in home economics is just that, a belief — an act of trust and faith — and it is a belief in something “good.” We call it the “family” and we try to acknowledge the diversity of family forms to demonstrate that we are not dinosaurs in our social understanding.

I did a paper in a graduate course in 1986 called “The Moving Finger Writes and Having Writ Rules On” about the social organization of knowledge. I used it as an opportunity to study the knowledge base and career opportunities from our Nutrition, Consumer and Family Studies (NCFS) program. As part of this, I reviewed the *Canadian Dictionary and Classification of Occupations in Canada*. There were ten categories, and, in addition to job definitions for home economists and dietitians, I found that our NCFS grads could well be employed in all ten categories, but, in each case, in the miscellaneous section. This, for me, became a wonderful insight into the problem and possible advantage of our field.

Our knowledge base is both a blessing and a curse. It is holistic and interdisciplinary and it is focused on the family, daily life, and human needs. Now we might argue that it is precisely this knowledge base which is needed in today’s society, but, as we can see, particularly in the current political climate, this is not the kind of knowledge that has economic value. The knowledge base for paid work is structured around industries and sectors; it is not structured around human and family needs.

Home economists have known this for a long time as we have tried to broker the interests of families in different sectors. What we are confronting in our current history is the reality that “care work,” or “mother work” as I sometimes call it, has no “value.” There seems to be no “value added” in a home-cooked meal, for example.

Unlike the postwar era when women were told to return home, we are now being told things like the following:

- It is only wealth-producing activities that will be well paid; we talk about “value added,” as though we have consensus on what that means, with no attention to the associated employment and ecological issues.
- Health-producing activities are the responsibility of individuals, families, and communities. Prevention is moved to the private sphere.
- By privatizing social and health serv-

ices, we will be able to get the “best service for the cheapest price.” It sounds like good consumerism, but it legitimates the exploitation of care-workers.

- Volunteerism is sound economics; it empowers communities.

What we are seeing, I believe, is the removal of care work from the formal economy. In home economics this will probably be felt most in family studies where this subject matter will be discredited. It is probably family studies where we are most allied with fields like early childhood education and social work. It is this part of home economics that is least “value added” in the language of the current economy. The more technical and business parts of home economics might do very well. As a field, we can probably sustain a few people with “big high-powered” jobs and we will have a lot of members who will manage with interesting and challenging part-time jobs and contract work. But they might be able to do so only because they are in some form of economic partnership, either in a marriage or a business partnership.

This takes us back to our knowledge base which borders a multitude of disciplines and practice areas. There are risks and benefits in our diversity. It means we may not be viewed as discipline specialists but it also means that we can be superb knowledge brokers. We can work “at the edge” in creative ways, but the trick in the future will be to know what is going on in a multitude of sectors. To me, this seems the biggest challenge in educating students, and the greatest challenge for continuing education and mentoring.

I picture that home economics will continue to be many of the things that it is: largely female; not many very high-paying jobs; lots of interesting part-time and contract work; very diverse knowledge base that allows people to practise in many different areas; very few people calling themselves home economists, changing their title to “suit the sector”; individual success and visibility that never reflects on the collective image.

I begin to see that our curriculum needs much more focus on “how the world works,” not just on human needs. It seems to me that our field has been supported over past generations by the fact that many members were second-income earners, or the world was willing to pay for a certain amount of “care work” or preventive education. As we

try to sell this service in a “bottom line” mentality, we will need to understand the politics of work. By that I mean ownership, funding, accountability, etc., of a multitude of sectors.

What strikes me again, with this focus on versatility, is the sense in which we practise “home economics” as rather isolated individuals. This, of course, speaks to the importance of networking and professional organizations, but it also emphasizes how individualistic home economics has become. It may be the quintessential postmodern niche-market profession. Thinking this through is also helpful to me as I struggle with my wish for home economics to have been more collectively oriented to advocacy and social change. I used to want our profession to be more political — to be known and be seen to advocate about women, children, and poverty, and other issues. I now accept that we are like any other profession. By and large we exist for the employment advantage of our members, though we profess, like every other profession, a noble and benevolent mission. Many professions articulate goals around family and quality of life. It is important that we realize we have no monopoly on this interest. While we may agree on our mission statement, that is, that we are collectively interested in improving the quality of life for individuals and families, our efforts take many different forms.

If I were an anthropologist, I might say the following about home economists and the future:

- They act within the system as it exists, rather than trying to change it: this means that they take technical, education, and management approaches to solving problems of everyday life.
- They develop convenience foods, rather than addressing questions of women’s labour, or initiating community kitchens that would disrupt the family as a basic unit of organization and consumption.
- They focus on teaching family studies as a means of addressing social issues around family, believing that knowledge is the key to change.
- They say they are interested in family well-being, but they are not at the forefront of daycare or anti-poverty activism and, in this respect, they are no different from other health professions. In fact, they are consistent with other professions in framing issues in ways that legitimate their services, which, like other profes-

sions, draw on the paradigms of the dominant culture: a profound belief in individualism, the nuclear family, science and technology, and free enterprise.

- They have a knowledge base that is unusually complex, in which it is difficult for anyone to be fully expert, and they rely heavily on government and industry sources of information, in addition to scientific journals from other disciplines.
- They have become brokers of knowledge from and for different disciplines and sectors and they are unusually well suited to the twenty-first century which will be an era of niche-market knowledge workers.

While the field sees itself as a profession, its greatest strength may be as a general undergraduate education. Ironically this was what home economics was for many women at the turn of the last century. The field worked on its professionalization in a way that was consistent with all other professions in the 20th century: through embracing specialization and principles of science and management. It left the social and political questions of daily life to social scientists from such fields as sociology, women's studies, anthropology, and it has never given either intellectual or political leadership in these areas. A small cadre of aging activists still struggle to mobilize the tiny profession, especially as the neo-conservative era internationally decimates the social and health services that had previously been central to the survival of families.

A new era is emerging, neo-feudalism, in response to the fact that national and provincial governments are

helpless in the face of international capitalism. Nations are working to keep their currency viable as it seems to be the central measure for economic survival. Although research institutes, in the voices of people such as Fraser Mustard of the Canadian Institute for Advanced Research, argue that wealth is generated as a result of health and therefore we must invest in health and child and human development, the power of belief in fiscal well-being dominates.

Home economists have always prided themselves on being resourceful and imaginative. The *CHE Journal* reports regularly on job profiles and community contributions that amaze the unfamiliar reader. The diversity is astonishing and the commitment to the community is impressive. Although these are not the leaders in social change, they may be the leaders in "random acts of kindness." They do what they can, where they can, in resourceful and creative ways.

As the global village moves into an era of neo-feudalism, where individuals and families will count on volunteers of goodwill, the spirit and practice of early 20th century home economics will survive. Home economists have always prided themselves on networking and this will serve them better than ever in a future of "niche" and "just in time" professional service provision. They will really need to master electronic research and communication, both individually and as an organization, in order to survive. And this will require a collective investment probably best executed at a federal level. However, Canadian home economists suffer some of the same

challenges as their nation state in managing local, provincial, and national interests.

They say that beauty is in the eye of the beholder. There is a parallel in the uncertainty that we face in our small and diverse nation with that of our small and diverse profession. To many of us, our country is beautiful and our profession is beautiful. In many ways, both are primarily an act of faith.

No less than that of a century ago when home economics was born, our era is one of phenomenal change. Our debt is both fiscal and ecological and increasingly it is social. As home economists we can continue to serve and to benefit from our ability to make links among different interests: consumers, business, education, government. We know the intellectual borders: It is knowing the "borders" that is our strength. We know about the interface of science, business, and human need better than most professions. It is "on the borders" that we have our expertise. We can be brokers as well, across different sectors, jurisdictions, and bodies of knowledge.

And finally, we will, I hope, continue to carry out our "random acts of kindness." Compassion and grace may have left the public agenda for a time but I trust, and I believe, that the human spirit will prevail in more than just the private enclaves of fortunate families. Democracy is founded on some sense of "brotherhood," they say. It is strange how "sisterhood" has such a different ring to it. But I'd like to end on that note — a call to sisterhood, and random acts of kindness, and a belief in home economics.

Call for Papers 1997-98

The *Canadian Home Economics Journal* invites articles from home economists and others who share their interest in promoting the well-being of individuals and families. Papers related to social issues affecting the home economics profession and professional practice or providing information about professional subject fields are of particular interest.

Submission deadlines:

Fall	June 15
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Demande d'articles 1997-98

La *Revue canadienne d'économie familiale* sollicite des articles soit par des spécialistes en Économie familiale soit par toute personne intéressée à promouvoir le bien-être des personnes et des familles. Les articles peuvent traiter d'aspects sociaux ou d'information dans les divers champs ou domaine de l'Économie familiale.

Dates limitées d'envoi des manuscrits:

Automne	15 juin
Hiver	15 septembre
Printemps	15 décembre
Été	1 ^{er} mars

What Do You Say When Asked About The Cost-Effectiveness and Nutritional Implications of Home Canning Today

Zannat Reza and Susan Iantorno

Home canning is a great Canadian tradition. Today it continues to be practiced; in fact, there appears to be a slight but growing interest over the past few years. This growth may be due to several reasons. According to a 1992 survey of people who do home canning in Western Canada, the most popular reasons for home canning were to preserve staples, to save money, to enjoy it as a hobby, to prepare gourmet foods for the superior taste and quality, and the ability to use foods from one's garden (Bernardin Consumer Survey, 1992). This article revisits home canning as a cost-effective method of preserving food and examines the nutrient value of home canned food.

Key Words and Definitions

Home canning/heat processing involves heating jars of food to temperatures high enough to destroy spoilage microorganisms and enzymes. This heating and later cooling forms a vacuum seal, which prevents other microorganisms from recontamination of the food within the jar. *Trypsin inhibitor* is a compound present in legumes that can interfere with the breakdown of protein by the enzyme trypsin. *Blanching* as used in canning is a process where food is heated quickly to remove the peel.

Cost Analysis of Home Canned Foods

Cost-effectiveness was assessed on four recipes from the *Bernardin Guide to Home Preserving* (See Table 1). Three of the recipes represented staple preserving choices (tomato sauce, strawberry jam, and peach halves); the brandied cherries were a gourmet choice. To obtain the exact cost of home canning, one would also have to consider the costs of time and energy. While

these are valid cost factors, they were not incorporated into the cost analysis. To gauge the cost of time, household earned income needs to be taken into account. This information was not investigated.

This cost analysis of home canning considers, first, the costs for ingredients and equipment, assuming that the home canner prepared only one recipe per canning season. Home canning becomes more cost-effective as the cost of equipment is amortized over time and the volume and variety of products canned increase. To simplify the comparison for the purposes of this article, the cost of equipment was considered only initially. The following were included in calculating equipment costs: boiling water canner, jars, saucepan, spatula, funnel, ladle, and jar lifter. Canadian Tire and Home Hardware were the price sources. The cost is lower if some of the equipment is already present in the household or if it is borrowed. From Table 1, one can see that once the equipment is purchased, the cost of home canning drops sharply.

Apart from the initial equipment purchase, a variable aspect of home canning is the source of produce. Ingredient costs in the analysis were based on prices of store-bought produce. In each of the four recipes, the primary ingredient contributed the most to the cost of ingredients, as illustrated in Table 2.

A home canner can significantly lower costs by buying the primary ingredient at a farmers' market or pick-your-own farm. Costs can be further reduced by receiving produce as gifts from family and friends or from home gardens. For example, the cost of 2.3 kg of tomatoes for the seasoned tomato sauce was \$3.50 (at \$1.52/kg) bought

at a grocery store, but \$0.03 if the tomatoes were grown by the home canner. This relatively negligible cost of home garden production was determined as follows:

- the average cost of a packet of tomato seeds is \$1.26;
- the number of seeds per packet is approx. 50 (50 tomato plants);
- \$1.26 for 50 plants, makes the cost for one plant \$0.03;
- the average yield per plant is 1.8-2.3 kg (i.e. amount needed for the recipe).

In the case of the brandied cherries, there is a marked difference in price between the homemade product and the commercially bought product. This is evident even when comparing the commercial price with the home canning cost that includes the high initial cost of buying equipment. The difference in price between the commercial and home product is larger for the gourmet product, i.e., the brandied cherries, than for the staple preserves, strawberry jam, and peaches (Table 1).

It would seem that it is more cost-effective to make gourmet products as opposed to buying commercially prepared products. However, one should also keep in mind that people are more

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likely to preserve a larger volume of staples, thus increasing savings. In addition, home canning becomes more cost-effective with a less costly source of the primary produce.

Nutritional Implications

Most of the research dealing with the nutritional value of canned foods occurred in the 1940s and 50s. A review of this research provides an understanding of the changes that take place during food processing. Canning research predominantly deals with the water-soluble vitamins, ascorbic acid (vitamin C) and thiamin (vitamin B1), because these vitamins are the least stable when subjected to heat treatment (Bolin, 1982). Generally, water-soluble vitamins are more susceptible to losses due to leaching during washing and blanching; they are also more heat sensitive.

Nutrient losses due to canning vary considerably. The Institute of Food Technologists' Expert Panel on Food Safety and Nutrition (1986) reported retention of nutrients as low as 10% or as high as 100%. This wide range of reported nutrient loss may be due to a variability in the methods of analysis as well as in the initial amount of nutrient in the raw food and the exact conditions of the process, including variations in time/temperature combinations. As a result of these variations, it is difficult to generalize about the effect of heat processing on final nutrient content.

Lamb et al. (1982) state that the nutrient loss from the canning operation is minimal if the products are processed properly. For example, cherries retained 96% of their ascorbic acid during processing and their retention of carotenoids was essentially complete (Lamb et al., 1982). Loss of ascorbic acid is affected by heat processing but only to the extent that oxygen is present in the container. The mean retentions of ascorbic acid and thiamin investigated by Lamb et al. (1982) are summarized in Table 3.

Nutrient losses in home canning are comparable to those in other heat processing of foods. The greatest nutrient losses occur during home cooking using methods such as boiling, baking, or steaming. However, the effect is multifactorial in nature and depends on the type of cooking method, the amount of water used, and the length of cooking time (Cameron and Esty, 1950). The duration and severity of cooking processes are dependent upon

Table 1. Cost Comparison of Commercial and Home Canning

Recipe	Commercial Cost	Cost of Home Canning	
		Ingredients + equipment	Ingredients + new lids
Brandied Cherries (250 mL)	\$17.99*	\$9.50	\$1.60
Seasoned Tomato Sauce - Italian Style (500 mL)	\$1.81**	\$19.33	\$1.45
Strawberry Jam (250 mL)	\$2.49***	\$12.06	\$1.18
Canned Peaches (500 mL)	\$2.88****	\$8.75	\$1.69

* St. Michael's™ brand from Marks & Spencer

** an average of 12 brands at Loblaws (ranging from \$1.02 to \$2.85 when adjusted per 500 mL)

*** an average price of President's Choice™ and Kraft

**** adjusted from Del Monte brand that costs \$2.29 for 398 mL

Table 2. Comparison of Ingredient Cost

Recipe (primary ingredient)	Total cost of ingredients	Cost of primary ingredient	% contribution by primary ingredient
Brandied cherries (cherries)	\$10.58	\$6.71	63.4
Seasoned tomato sauce (tomatoes)	\$4.10	\$3.45	84.1
Strawberry jam (strawberries)	\$5.46	\$2.97	54.4
Peach halves (peaches)	\$11.20	\$11.05	98.7

Table 3. Ascorbic Acid and Thiamin Retention in Canned Vegetables

Food Product	Mean retention of ascorbic acid (%)	Mean retention of thiamin (%)
asparagus	82	67
green beans	55	71
lima beans	76	47
peas	72	54
tomatoes	93	96

Source: Lamb et al. (1982).

individual preference, and, consequently, it is difficult to quantify or predict the extent of nutrient loss in these processes (Lund, 1982). The retention of water-soluble vitamins is inversely related to the amount of cooking water used (Cameron and Esty, 1950). The more water used in cooking, the greater chance that water-soluble nutrients will be lost from the food. Another point to consider is that the

rate of ascorbic acid destruction is the greatest during the first few minutes of cooking because of the presence of more oxygen, which accelerates enzymatic activity.

Cooking foods improperly and discarding the cooking liquid can cause as much as an 80% decrease in ascorbic acid. Therefore, in order to minimize vitamin loss from canned foods, the National Canners Association recom-

Table 4. Ascorbic Acid and Thiamin Content of Liquid of Canned Fruit

Fruit	% of vitamin in liquid portion	
	Ascorbic Acid	Thiamin
apricots	47	50
peaches, clingstone	33	30
peaches, freestone	51	39
pears	32	43
pineapple	41	40
prunes, Italian	51	49

Adapted from Bolin (1982)

mends consuming the liquid portion (Cameron and Esty, 1950). Table 4, adapted from Bolin (1982), illustrates the distribution of ascorbic acid and thiamin in the liquid portion of canned fruits.

Although there has been a focus on the nutrient loss caused by home cooking and canning, there are a number of beneficial effects of heat treatment on the nutritional quality of food. For instance, the destruction of trypsin inhibitors improves protein quality in most legumes (Institute of Food Technologists' Expert Panel on Food Safety and Nutrition, 1986). Heat processing also improves the stability of many nutrients by disabling enzymes such as thiaminase which destroys thiamin and ascorbic acid oxidase which destabilizes ascorbic acid (Thompson, 1982).

As a result of the significant vitamin losses that occur during cooking in the home, the Institute of Food Technologists' Expert Panel on Food Safety and Nutrition (1986) concludes that the actual vitamin content of cooked foods is not significantly different, regardless of the type of processing (heat processing or freezing) or lack of processing (fresh food) the food has undergone before cooking. Thus, the concern should be on proper cooking techniques rather than the type of processing a food undergoes.

Conclusion

There is a growing interest in home canning. Two of the main reasons cited in the Bernardin Consumer Survey (1992) for home canning are to save money and to preserve staples. The most expensive part of home canning is the initial equipment purchase. Once the equipment is amortized over time and the volume and variety of products canned increases, home canning becomes a cost-effective method of preserving food. In addition, regardless of whether a person preserves a gourmet or a staple product, obtaining the pri-

mary ingredient at the lowest possible price will significantly reduce the overall cost. This can be done through growing one's own produce, obtaining it from friends or relatives, or buying it from pick-your-own farms and farmers' markets. In terms of nutritional implications, some nutrient losses are inevitable. Due to the multifactorial nature of nutrient loss, it is difficult to predict the extent of the loss. Furthermore, research shows that most nutrient loss occurs during home cooking, especially if the cooking water is thrown away. Thus the emphasis should be on proper cooking methods rather than on the type of food preservation processing foods undergo. But, in the end, time may be the factor that determines whether or not a person does home canning. Home canning results in little nutrient loss when proper techniques are used and can be a cost effective method of food preservation.

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Current Literature

compiled by *Debbie MacLellan*

Clothing and Textiles/ Textiles et habillement

From good husbandry to good business: The origin and evolution of the three-piece suit.

McBride, S. (1996). *Journal of Family and Consumer Sciences*, 88 (3), 43-47.

The three-piece suit has been a standard form of dress for men in Western Society for over 300 years. This paper investigates this remarkable longevity by reviewing the suit's evolution from its inception in 1666 as a symbol of masculinity and frugality to one of commerce in North America. The factors contributing to its sartorial stability are discussed and concerns regarding its future are presented. It is concluded that the suit's longevity will continue despite changes in society because the suit's simplicity of design allows it to simultaneously adapt to evolving societal values, and to adhere to cultural core values.

Reprinted with permission from *Journal of Family and Consumer Sciences*.

The effects of environmental attitudes on apparel purchasing behavior.

Butler, S.M. & Francis, S. (1997). *Clothing and Textiles Research Journal*, 15 (2), 76-85.

Although consumers' environmental concern has increased, little empirical research regarding environmental attitudes and clothing purchasing behavior has been reported. This study builds on the limited amount of research by employing a theoretical framework that focuses on endogenous and exogenous conditions that affect attitudes and behavior. The final sample of 402 women resulted from a national random sample of 1000. A survey measuring general environmental and clothing environmental attitudes, and environmental consideration when making clothing purchases was developed. Factor analysis reduced the attitude items to three general environmental factors and two clothing environmental factors. Path analysis was employed to examine the relationships among variables. Results revealed that demographic characteristics influenced general environmental attitudes which in turn influenced clothing environmental attitudes which ultimately impacts clothing purchasing behavior. Results further explicated the existing theoretical framework and provided support for a sequential approach.

Reprinted with permission from *Clothing and Textiles Research Journal*.

Effects of selected laundering and drycleaning pretreatments on the colors of naturally colored cotton.

Williams, B.L. & Horridge, P. (1996). *Family and Consumer Sciences Research Journal*, 25 (2), 137-158. © 1996 by

American Association of Family and Consumer Sciences.

Naturally colored cottons have recently appeared in mass produced products. However, consumers need information about possible differences between naturally colored cotton and white or dyed cotton. This study evaluates changes in color in Coyote (brown), green, and white cottons due to 12 selected laundry and drycleaning stain pretreatments. Samples of each cotton were pretreated and then laundered or drycleaned 15 times. Instrument color readings were done on a MacBeth Series 1500 Color Measurement System. A panel of four judges evaluated the samples, using the Color Change by Gray Scale instrument. Pearson's *r* correlation analysis, ANOVAs, and Scheffe post hoc tests were done using SPSSx. Significant differences were found in all fabric colors due to both laundry and drycleaning pretreatments. Green cotton was more affected than Coyote or white, and naturally colored cottons changed in ways that white cotton did not change. Ammonia and chlorine bleach resulted in the greatest changes in the colored cottons.

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Supplementary listing of articles:

The textile waste lifecycle. Domina, T. & Koch, K. (1997). *Clothing and Textiles Research Journal*, 15 (2), 96-102.

The effects of customer expectations and store policies on retail salesperson service, satisfaction, and patronage. Stanforth, N.F. & Lennon, S.J. (1997). *Clothing and Textiles Research Journal*, 15 (2), 115-124.

Perceptions of NAFTA's benefits and risks by Texas textile and apparel business personnel. Forney, J.C. & Arnold, E.R. (1996). *Journal of Family and Consumer Sciences*, 88 (3), 17-22.

Family/Consumer Studies La Famille/Consommation et gestion

Direct and indirect relations between perceived parental acceptance, perceptions of the self, and emotional adjustment during early adolescence.

Ohannessian, C.M., Lerner, R.M., von Eye, A. & Lerner, J.V. (1996). *Family and Consumer Sciences Research Journal*, 25 (2), 159-183. © 1996 by American Association of Family and Consumer Sciences.

The direct and indirect relations between perceived parental acceptance, perceptions of the self, and emotional adjustment were examined in a sample of 214 sixth- and seventh-grade students in the fall and the spring of the 1990-91 academic year. These relations were examined separately by the gender of the adolescent and the parent. Results indicated that adolescent boys were better adjusted than adolescent girls. Boys reported lower levels of anxiety and depression and higher levels of perceived self-worth, athletic competence, and satisfaction with physical appearance than did girls. In addition, findings from structural equation

modeling analyses indicated that the direct paths between perceived parental acceptance and emotional adjustment fit better than models including the indirect paths between perceived parental acceptance, self-competence, and emotional adjustment primarily because self-competence was found to be unrelated to emotional adjustment. Nonetheless, parental acceptance was found to be consistently related to self-competence, especially for girls.

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Single mothers of children with developmental disabilities: The impact of multiple roles.

Gottlieb, A.S. (1997). *Family Relations*, 46 (1), 5-12.

The impact of employment status and a nonspousal partner on the overall well-being of 148 single mothers of children with developmental disabilities was assessed through self-report questionnaires. Although generally multiple roles were associated with greater well-being, the quality of the roles (perceived helpfulness of the partner and perceived financial importance of the job) was more predictive. In fact, interaction effects indicated that having a supportive partner was associated with greater well-being for mothers whose employment was their primary income source (primary providers) and for nonemployed mothers, but not for mothers whose employment did not provide the primary family income (partial providers). Among those without a supportive partner, mothers who were partial providers reported greater well-being than did nonemployed mothers or primary provider mothers.

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Assessing the need for family economic well-being programs: A comparison of two samples.

Myer, P.A., Crites, A.M. & Haldeman, V.A. (1996). *Journal of Family and Consumer Sciences*, 88 (3), 27-31. © 1996 by American Association of Family and Consumer Sciences.

Needs assessments can be effective tools in directing educational programming and in identifying target audiences. However, their implementation and analysis can be costly endeavors, consuming resources that could be used to develop and deliver programming. This research compared the results of two needs assessment studies conducted to identify financial management educational programming priorities and audiences. One employed a large random sample and the other employed a small purposive sample. This exploratory study used frequency data and measures of central tendency for nonstatistical comparison and to provide direction for further study. Results indicate that Extension programs should help identified target audiences focus on using their available resources more effectively. The findings also indicate that from a cost/benefit perspective, a purposive sample can give reliable results for program direction.

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Supplementary listing of articles:

Life for children and families in the 90s: Role of family economics. Hira, T.K. (1996). *Journal of Family and Consumer Sciences*, 88 (3), 56-58.

The relationship between Type A parenting and adolescent perceptions of family environment. Forgays, D.K. (1996). *Adolescence*, 31 (124), 841-862.

Foods and Nutrition/ Alimentation et nutrition

Folate nutrition and older adults: Challenges and opportunities.

Koehler, K.M., Pareo-Tubbeh, S.L., Romero, L.J., Baumgartner, R.N. & Gary, P.J. (1997). *Journal of the American Dietetic Association*, 97 (2), 167-173.

Folate fortification of bread and grains has been directed to prevent neural tube birth defects. Research has also challenged previous concepts of folate nutritional status and suggested that folate may play a role in reducing the risk of vascular disease. Although folate status of many elderly people is adequate according to traditional, hematologic criteria, some elderly persons have elevated blood concentrations of the metabolite homocysteine, which indicates subclinical deficiency of folate or vitamin B-12. Higher homocysteine concentrations, even within the normal range, are associated with increased risk of vascular disease. Elderly people with better folate and vitamin B-12 status have lower homocysteine concentrations and may have lower risk for vascular disease. Although the new folate fortification rules provide the benefit of increasing folate in the food supply, they could be a risk for the elderly because excess folate intake can mask vitamin B-12 deficiency, thereby delaying diagnosis. Elderly people have a higher prevalence of vitamin B-12 deficiency as a result of absorption problems. Those deficient in vitamin B-12 should be treated to prevent irreversible neurologic damage. Modern approaches to screening the elderly include higher cutoff points for serum vitamin B-12 and obtaining blood concentrations of the metabolite methylmalonic acid, which is elevated in deficiency of vitamin B-12 but not folate.

To examine current folate intake and food sources, food frequency questionnaires were administered to 308 elderly volunteers aged 65 to 94 years. Mean ($\pm$ standard error) folate intake from food was 299.6 ± 5.8 μ g/day. Supplements (median dose = 400 μ g/day) were consumed by 47% of the participants. Only 3.2% of the sample had total folate intake greater than 1,000 μ g/day, the recommended upper limit, and these were taking high-dose folate supplements (> 800 μ g/day). Breakfast cereals provided 25.6% of folate intake; vegetables, 23.2%; fruit, 20.8%; refined breads/grains, 6.7%; dark bread, 5.0%; legumes/nuts, 5.9%; dairy products, 5.8%; meat/poultry/fish/eggs, 5.1%; other, 1.9%. Mean folate intake would increase 16.5% if enriched breads and grains were fortified. Such fortification could help some persons to lower serum homocysteine concentration and vascular disease risk. Dietitians should be aware of modern protocols for screening the elderly for vitamin B-12 deficiency.

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Relationship of diet-health attitudes and nutrition knowledge of household meal planners to the fat and fiber intakes of meal planners and preschoolers.

Colavito, E.A., Guthrie, J.F., Hertzler, A.A. & Webb, R.E. (1996). *Journal of Nutrition Education*, 28 (6), 321-328.

The relationship of household meal planners' diet-health attitudes and nutrition knowledge to their fat and fiber intakes and to the intakes of 2- to 5-year-old children in the

households was examined using data from the 1989-91 Continuing Survey of Food Intake by Individuals and Diet Health Knowledge Survey (CSFII/DHKS). Selected households ($n=478$) provided 24-hour diet recalls and the households' main meal planners responded to the DHKS. Meal planner attitude variables were defined according to the Health Belief Model and selected CSFII/DHKS questions served as proxy measures. The relationship of meal planners' attitudes and knowledge to meal planners' and children's fat and fiber consumption at home and in the total diet was analyzed using multiple regression. Several diet-health attitude variables were significantly related to meal planners' fat and fiber intakes and relationships were similar for foods eaten at home and for foods eaten in the total diet. Knowledge was significantly related to meal planners' and children's home fat intake ($p<.05$) but the relationships failed to reach statistical significance for the total diets. Meal planners' taste concerns differed significantly in their relationship to meal planners' and children's fiber consumption ($p<.05$). Results indicate that parents' diet-health attitudes are more influential in their diets than in the diets of preschoolers. Findings also suggest that taste and practical concerns are significant barriers to healthy eating among younger adults and that general nutrition knowledge may not be as helpful in making healthy food choices outside the home as it may be in the home setting.

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Nutrient intakes of a sample of First Nations adults with and without diabetes mellitus in Central Alberta.

Wein, E.E., Basualdo, C.G., Johnson, P.A. & Basu, T.K. (1996). *Journal of the Canadian Dietetic Association*, 57 (4), 153-161.

In recent decades the prevalence of non-insulin dependent diabetes mellitus (NIDDM) has increased dramatically among many aboriginal groups. This paper examines nutrient intakes of 110 Plains Cree First Nations adults, with and without diabetes, in central Alberta, from three repeated 24-hour recalls. Vitamin A intakes were also estimated from a vitamin A food frequency questionnaire. Mean intakes per megajoule (MJ) indicated that diets of women with diabetes were lower in fat and sugar and higher in many nutrients than diets of women without diabetes ($p<0.05$). Among men, fewer differences between diabetic and control groups were observed. Percent energy from fat was 36-39% in three of four study groups. Median daily intakes exceeded recommendations for seven nutrients; however, median calcium, zinc, and folate intakes were below recommendations for most study groups. Median intake of vitamin A based on food frequency met the recommended level, for three of the four groups, while median vitamin A intake from the repeated 24-hour recalls fell below the recommendation for all four groups. More non-diabetic than diabetic persons were at risk of inadequate intakes of vitamin D, calcium,

folate, zinc, and vitamin A. Many First Nations adults in this sample would benefit from lower fat intakes and greater consumption of foods rich in the above nutrients.

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Wein, E.E., Basualdo, C.G., Johnson, P.A. & Basu, T.K. (1996). *Revue de l'Association canadienne des diététistes*, 57, (3), 103-108.

Au cours des dernières décennies, la prévalence du diabète non insulino-dépendant s'est accrue de façon considérable chez de nombreux groupes autochtones. La présente étude avait pour but d'examiner les apports en nutriments chez 110 Cris-des-Plaines adultes du centre de l'Alberta, souffrant ou non de diabète, à partir de trois rappels de 24 heures. On a également estimé l'apport en vitamine A à l'aide d'un questionnaire de fréquence alimentaire. Les apports moyens par mégajoule (MJ) ont révélé que l'alimentation des femmes souffrant de diabète était plus faible en matières grasses et en sucre et plus riche en de nombreux nutriments que celle des femmes ne souffrant pas de cette maladie ($P<0,05$). Chez les hommes, on a observé moins de différences entre le groupe de diabétiques et le groupe témoin. L'énergie provenant des matières grasses se situait entre 36 et 39% chez trois des quatre groupes à l'étude. La médiane des apports alimentaires dépassait les recommandations pour sept nutriments; cependant, la médiane des apports en calcium, zinc et folate était inférieure aux recommandations chez la plupart des groupes étudiés. La médiane de l'apport en vitamine A calculée d'après la fréquence de consommation correspondait au niveau recommandé chez trois groupes sur quatre, tandis que la médiane calculée d'après les rappels de 24 heures était inférieure aux recommandations chez les quatre groupes. Plus de non-diabétiques que les diabétiques étaient à risque d'apports inadéquats en vitamine D, calcium, folate, zinc et vitamine A. De nombreux adultes des Premières Nations de cet échantillon profiteraient d'une réduction de l'apport en matières grasses et d'une consommation accrue d'aliments riches en ces nutriments.

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Supplementary listing of articles:

A low-fat diet supplemented with monounsaturated fat results in less HDL-C lowering than a very-low-fat diet. Morgan, S.A., O'Dea, K. & Sinclair, A.J. (1997). *Journal of the American Dietetic Association*, 97 (2), 151-156.

Nutrient intakes of Third Graders: Results from the Child and Adolescent Trial for Cardiovascular Health (CATCH) Baseline Survey. Lytle, L.A., Ebzery, M.K., Nicklas, T., Montgomery, D., Zive, M., Evans, M., Snyder, P., Nichaman, M., Kelder, S.H., Reed, D., Busch, E. & Mitchell, P. (1996). *Journal of Nutrition Education*, 28 (6), 338-347.

Food security: CDA members identify strategies for change. Power, E., Sheeshka, J. & Heron, A.L. (1996). *Journal of the Canadian Dietetic Association*, 57 (4), 162-167.

New Developments...

compiled by Nancy E. Reddin

...In Resources

Tools for Women's Research

Participant-focused evaluation is described in *Keeping on Track: An Evaluation Guide for Community Groups* which presents a step-by-step outline in clear language of a research method for community groups; cost is \$15.95. (*Aussi disponible en français.*) *Strategies for Change: From Women's Experience to a Plan for Action* is intended to assist women's groups in deciding on strategy; cost is \$15.00. Add postage and handling for each item. Also available from the Women's Research Centre are books and handbooks on related topics.

Contact: Women's Research Centre, 101-2245 West Broadway, Vancouver, B.C. V6K 2E4; phone:(604)734-0485; fax:604-734-0484.

Canada's Environment 1996

The State of Canada's Environment contains information on every aspect of the environment in prose and graphs and tables. More than 200 scientists compile the information, which is updated every five years. The 1996 version, available in three formats, includes new sections analyzing the impact of diverse lifestyles on the environment and analysis of the state of the environment by ecozone as well as by political boundary. Internet access (bilingual) through the World Wide Web costs \$35.00; binder format, in English or French, is \$75.00; and bilingual CD-ROM, in DOS/Windows and Macintosh formats, is \$50.00. Internet access is included with the binder and CD-ROM; applicable taxes, shipping, and handling charges are extra.

Contact: Environment Canada; phone:1-800-734-3232; internet: <http://www.doe.ca>

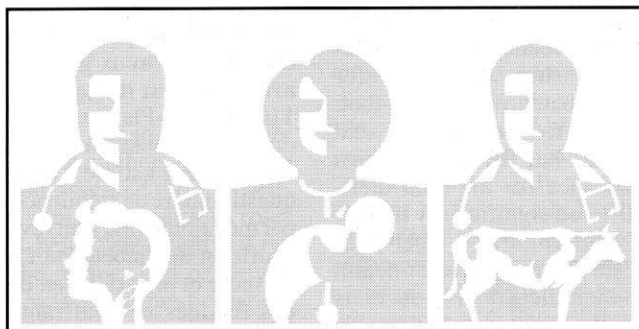
Parent-Teen Relationship

The coordinator of the Family Life Education Program at the Family Service Centre of Ottawa-Carleton has prepared two new fact-sheets, "The Parent-Teen Relationship: Life Through a Teenager's Eyes" and "The Parent-Teen Relationship: How Parents Can Make the Most of It."

Contact: The National Clearinghouse on Family Violence, Postal Locator #0201A2, Family Violence Prevention Division, Health Promotion and Programs Branch, Health Canada, Ottawa, Ontario K1A 1B4; phone: (613)957-2938 or 1-800-941-8930.

Housing Needs of Immigrant Women

A Place of One's Own: New Voices of Dislocation and Dispossession is an exploratory study of the housing conditions and needs of immigrant women. (*Aussi disponible en français.*) It examines instances of inequality and dis-



crimination in the Canadian housing system, as well as the effects of immigration policy on the housing conditions of immigrant women.

Contact: Status of Women Canada, 360 Albert Street, Suite 700, Ottawa, Ontario K1A 1C3;

phone:(613)947-8477; fax: 613-957-3359; TDD:(613)996-1322; e-mail: vilas@swc-cfc.gc.ca

Canadian Literacy

Statistics Canada has released *Reading the Future: A Portrait of Literacy in Canada*, Catalogue No. 89-551-XPE. (*Aussi disponible en français.*) This report presents data collected by the 1994 International Adult Literacy Survey based on several demographic characteristics and by region. It also addresses the relationships between literacy skill levels in Canada and education, human resource development, and economic policies. Cost is \$49.00 plus GST.

Contact: Statistics Canada, Operations and Integration, Circulation Management, 120 Parkdale Avenue, Ottawa, Ontario K1A 0T6; phone:1-800-267-6677; fax: 613-951-1584; internet: order@statcan.ca

Research on Aging

The Canadian Aging Research Network has completed its five-year research project on the effects and implications of societal aging. Its final report, *Into the Age of Aging: Selected Findings*, looks at Need for Products and Services; Work and Eldercare; Aging, Cognition and Skilled Performance; and Older Workers.

Contact: CARNET Administrative Centre, Centre for Studies of Aging, University of Toronto, 222 College St., Suite 100, Toronto, Ontario M5T 3J1.

Seniors at Risk

Health Canada has prepared two research papers which look at seniors in situations of risk, *Successful Strategies and Programs for the Empowerment of Canadian Seniors in Situations of Risk* and *Seniors at Risk: A Conceptual Framework*.

Contact: Division of Aging and Seniors, Population Health Directorate, Health Canada, Postal Locator 4203A, Ottawa, Ontario K1A 0K9; phone:(613)952-7627; internet: seniors@hpd.hwc.ca, <http://www.hwc.ca/datapsb/seniors/senpage.htm>

Information on Canola

"Clearly Canola!" is a fact sheet for classroom handout from the Canola Information Service that provides general information on canola production, nutrition, processing, and food preparation information and also includes "Working Your Way Through the Fat Maze." "Frying Clearly Canola" is a brochure and sticker set discussing commercial frying

and providing tips on frying temperature, weekly cleaning, and other information.

Contact: Canola Information Service, A5A-116-103rd Street East, Saskatoon, Saskatchewan S7N 1Y7; phone: (306) 664-7117; fax: 306-664-4004; e-mail: foodfocus@quadrant.net

Work and Family

An annotated bibliography of resources on the subject of work and the family has been prepared by the B.C. Council for the Family. It lists books, reports, periodicals, videos, program resources, and organizations that address work and family issues.

Contact: B.C. Council for the Family, #204-2590 Granville Street, Vancouver, B.C. V6H 3H1.

Food Additives

The 1996 revision of Health Canada's *Food Additive Pocket Dictionary* Cat. No. H49-10/1996E is now available at no charge. (*Aussi disponible en français.*) The dictionary includes an alphabetical listing of all types of food additives permitted for use in Canada along with an explanation of the function of each type of additive.

Contact: Health Protection Branch, Health Canada, Ottawa, Ontario K1A 0L2.

Women's Health

The first Canada/US Women's Health Forum was held in Ottawa in August 1996. Health Canada prepared a series of fact sheets for the Health Forum on topics such as Women and Active Living, Violence Against Women, Women and Alcohol and Other Drugs, Women and Heart Health, The Health of Senior Women, and Centres for Excellence for Women's Health Programs (which have been established in Halifax, Montréal, Toronto, Winnipeg, and Vancouver).

Contact: Health Canada at (613) 957-1940.

Census Data

The last step of the 1996 Census, packaging this rich collection of social and economic data, is now underway. The 1996 Census Catalogue (cost \$15) will be published in April 1997. Products will be released in a variety of formats including CD-ROM, diskette, and print; some information will also be on the Internet, and all standard data products will be available in electronic format. Some examples of products and prices are: *Population and Dwelling Counts*, \$40 to \$60, depending on format; *Census Area Profiles*, \$65 to \$8,100 (for all the geographical areas); *1996 Public Use Microdata Files* for three micro-data files — individuals, families, households — \$1,000 for one file, \$1,500 for all three; and *Postal Code Conversion File*, \$120 to \$9,000, depending on geographic coverage. Access to census information is also available from Statistics Canada Regional Offices, at libraries and bookstores, and on the Internet (www.statcan.ca).

Contact: Census Communications, Statistics Canada, Tunney's Pasture, Ottawa, Ontario K1A 0T6; fax: 613-951-0930.

Health and Health Care Video

What the National Forum on Health has learned through its public consultations is reflected in a free videotape, *The Future of Our Health and Health System: Stories of Choice*. Each of the five segments in the video explores existing values and principles embodied in the health system and highlights the need to give consideration to emerging values.

Contact: National Health Forum, phone: (613) 957-3268 or 941-1584; fax: 613-954-0947; e-mail: forum@hpb.hwc.ca

Désirs de liberté

Nous raconte l'histoire récente des femmes et de leurs luttes. Trente ans de vie défilent devant nos yeux: des rencontres, des retrouvailles, des confidences, des questions, des foules qui se soulèvent, des cris qui revendiquent, des souvenirs...Le féminisme, on avait oublié? On dit que c'est fini? *Désirs de liberté* survole cette période, et rend hommage à toutes ces femmes, trop nombreuses à nommer, qui ont construit ce mouvement de fond dans notre société. 20\$ prévisionnement en vue d'achat; 40\$ location; 50\$ vente organisme communautaire; 100\$ vente autre organisme.

Contact: Vidéo Femmes, 700 rue du Roi, Québec (Québec) G1K 2X7; tél: (418) 529-9188; téléc: (418) 648-9201; adresse électronique: videofem@qbc.clic.net

Réimprimé de: *Bulletin de l'ICREF*, 17(2), Hiver 1996, p. 14.

La lumière des mots

La lumière des mots est une vidéo qui démontre l'importance pour les femmes de dévoiler toutes les formes d'agression sexuelle. Elle se veut un outil de cheminement pour la personne vivant ou ayant vécu une agression sexuelle. *La lumière des mots* vous offre des témoignages des femmes franco-ontariennes qui nous confirment que l'agression sexuelle est autant un problème de société qu'un problème personnel. Location: 45\$/jour; achat: 110\$ organisme but non lucratif, 160\$ institution.

Contact: Union culturelle des Franco-Ontariennes, 435 boul St-Laurent, bur 212, Ottawa (Ontario) K1K 2Z8; tél: (613) 741-1334; téléc: (613) 741-8577.

Réimprimé de: *Bulletin de l'ICREF*, 17(2), Hiver 1996, p. 14.

Maison d'amitié

Cinq femmes, de cultures et de milieux divers, décrivent leur vie — avant, pendant et après — leur séjour à la Maison d'amitié, une maison d'hébergement pour femmes violentées. Leurs témoignages, entrecoupés de scènes de la vie de couple d'une simplicité éloquente, ont pour effet de démystifier tout autant la violence que la vie en maison d'hébergement où la chaleur et la solidarité que ces femmes découvrent leur redonnent foi en elles et en l'avenir de leurs enfants. 20\$ pour les particuliers; 75\$ pour les organismes sans but lucratif; 150\$ pour les institutions; + 2,50\$ de frais d'envoi.

Contact: Maison d'amitié, 40, rue Cobourg, Ottawa, Ontario K1N 8Z6; tél: (613) 747-9136; téléc: (613) 747-0147.

Réimprimé de: *Bulletin de l'ICREF*, 17(2), Hiver 1996, p. 14.

La violence démasquée: Trousse de sensibilisation à la violence faite aux femmes

Cette trousse contient 2 outils: une vidéo (3 monologues) et un cahier de réflexion pour animatrices ou intervenantes. Elle vise à démasquer et dénoncer la violence sous toutes ses formes dès son apparition. Le cahier de réflexion/animation est conçu pour élaborer plus en profondeur certaines éléments qui n'ont pu être suffisamment développés dans le texte des monologues. 45\$.

Contact: Fédération des femmes canadiennes-français de l'Ontario, CP 308, Sudbury, Ontario P3E 4P2; tél & téléc: (705) 671-1409.

Réimprimé de: *Bulletin de l'ICREF*, 17(2), Hiver 1996, p. 14.

Textiles on CD-ROM

Now available on CD-ROM is the journal *World Textiles Abstracts*. Twenty-seven years of data (1970 to the present) are contained on a single disk. The database contains information on all aspects of the textile industry, textile technology, and applications of textiles materials around the world. Original papers cited on the CD-ROM are obtainable via the EMDocs Document Delivery Service. A subscription to *World Textiles on CD-ROM* includes quarterly updates, SPIRS search and retrieval software, documentation, and user support; a free 30-day trial is available.

Contact: Elsevier/Geo Abstracts, Regency House, 34 Duke Street, Norwick NR3 3AP, United Kingdom; phone: +44 1603 626327; fax: +44 1603 667934; e-mail: geoabs@elsevier.co.uk

Canadian Families on the Desktop

You can put the facts on Canadian families on your desk, or a friend's, with the new *Canada's Families: They Count*. It's a desktop flip-chart that takes up about as much room on a desk as a tape dispenser, yet includes 3,500 data references. It is made up of quick-reference charts of Canadian demographic and family statistics, broken down by province, on topics including population, age, heritage, mother tongue, religion, living circumstances, family size, marriage and divorce, family patterns, lone-parent families, seniors, labour force participation, family income and poverty.

Each mini-flip chart costs \$20 and is available from The Vanier Institute of the Family, 94 Centrepont Dr., Ottawa, Ontario K2G 6B1; phone: (613)228-8500; fax: 613-228-8007, e-mail: 104767.561@compuserve.com

Reprinted from: *Transition*, 26(4), December 1996, p. 2. Ottawa: The Vanier Institute of the Family.

Données sur les familles Canadiennes à portée de main

Vous pouvez placer les données sur les familles canadiennes sur votre bureau — ou sur celui d'un ami — grâce à *Les familles canadiennes : faits et chiffres*. Il s'agit d'un ensemble de graphiques sur feuilles mobiles occupant aussi peu d'espace sur votre bureau qu'un distributeur de ruban gommé, mais comprenant 3 500 éléments d'information. On y trouve des graphiques faciles à consulter sur les statistiques démographiques et familiales du Canada, selon chaque province et sur des sujets incluant la population, l'âge, le patrimoine, la langue maternelle, la religion, les conditions de vie, la taille de la famille, le mariage et le divorce, les tendances familiales, les familles monoparentales, les personnes âgées, la participation à la population active, le revenu familial et la pauvreté.

Chaque ensemble de graphiques à feuilles mobiles se vend à 20 \$. On peut se le procurer auprès de l'Institut Vanier de la famille, 94, prom. Centrepont, (Nepean) K2G 6B1; tél (613)228-8500, téléc. 613-228-8007; CÉ : 104767.561@compuserve.com

Réimprimé de: *Transition*, 26(4), décembre 1996, p. 2. Ottawa: L'Institut Vanier de la famille.

Electronic Highway

The Canada School Net (<http://www.schoolnet.ca/>) has connections to Canadian and international resources for teachers, parents, and children, including an information centre with online resources; music, visual arts, and animated displays; and discussion groups, mailing lists, and "talk rooms."

The Media Awareness Network (<http://www.schoolnet.ca/medianet/>) features information on children and media and includes forms parents can use to register opinions with broadcasters and regulatory authorities. *The Centre for Media Education* (<http://www.cme.org/cme/>) is a similar organization based in Washington, D.C.

The Canadian Resource Page (<http://www.cs.cmu.edu/Unofficial/Canadiana/README.html>) has links to a Canada-wide phone book, postal code directories, currency exchange rates, theatre schedules, and much more information.

The Canadian Child Care Federation (Child and Family Canada) has developed a Web site (<http://www.cfc-efc.ca>) for all those concerned with the health and well-being of children and their families. Over 30 Canadian child care, health, and family organizations have contributed to the site. *The Child Welfare League of Canada* homepage (<http://www.cfc-efc.ca/cwl/>) features a brief, *The Young Offenders Act, Its Implementation and Related Services: A Child Welfare Perspective*.

The Canada Safety Council will be publishing its newsletter *Safety Canada* on the Internet (www.safety-council.org/PUBLICAT.HTM).

The National Library of Canada (<http://www.nlc-brc.ca/caninfo/ecaninfo.htm>) provides a "Canadian information by subject" service. Other sites of special interest to Canadians are the National Film Board (<http://www.nfb.ca/E/index.html>), Canada's Programs and Services (http://canada.gc.ca/programs/pgind_e.html) and the CBC (<http://www.cbc.ca>).

...In Ideas

Intergenerational Give-and-Take

...We do know that society is aging rapidly because adults have chosen to bear fewer children than did their parents and grandparents. By the year 2031, almost one quarter of Canadians will be 65 years of age and over. Today, the figure is approximately 14% and ten years ago it was 11%. Families are smaller today, with fewer sons and daughters available to share the responsibilities of sustaining, on a continuing basis, supportive family relationships. Moreover, with high rates of geographical mobility, the generations within a family are much less likely to have day-to-day contact with one another.

These interrelated changes pose many pressing questions. How can we, as a society, ensure that our children receive the care and attention they deserve? How will we ensure that tomorrow's seniors are financially secure and receive the health care and social support they need? How can the needs of the young and the old be respected and balanced in times of fiscal restraint? How can those of middle years draw upon the wisdom and commitment of their elders and pass on to younger generations the resources, capacities and prospects they will need tomorrow?

Reprinted from: "Of Mutual Benefit" by Robert Glossop, *Transition*, September 1996, p. 4. Ottawa: The Vanier Institute of the Family.

Les concessions intergénérationnelles

Nous savons que la société vieillit rapidement parce que les adultes ont choisi d'avoir moins d'enfants que leurs parents et grands-parents. D'ici l'an 2031, près du quart des Canadiens auront 65 ans ou plus. Aujourd'hui, ces personnes représentent environ 14 p. 100 de la population par rapport

à 11 p. 100 il y a dix ans. Les familles sont plus petites aujourd'hui, avec moins de filles et de garçons pour partager les responsabilités permettant de soutenir de façon continue des relations familiales favorables à leur bien-être. En outre, les générations de la famille sont moins susceptibles d'avoir des contacts quotidiens entre eux en raison des taux élevés de mobilité.

Ces changements interreliés suscitent beaucoup de questions urgentes. Comment pouvons-nous, comme société, faire en sorte que nos enfants reçoivent les soins et l'attention qu'ils méritent? Comment garantir la sécurité financière des personnes âgées de demain ainsi que les soins de santé et le soutien social dont elles auront besoin? Comment respecter et équilibrer les besoins des jeunes et des personnes âgées en période de compressions budgétaires? Comment les personnes du milieu de la vie peuvent-elles puiser dans la sagesse et les engagements de leurs aînés et transmettre aux générations plus jeunes les ressources, les capacités et les possibilités dont elles auront besoin demain?

Réimprimé de: «Donnant-Donnant» par Robert Glossop, *Transition*, septembre 1996, p. 4. Ottawa: L'Institut Vanier de la famille.

The Politics of Need

Political scientist Deborah Stone argues that the failure of the work-based distribution system to provide adequately or equitably for the needs of those who, for various reasons, are excluded from or are marginal to it invokes the other major distributive mechanism, namely the need-based system. The inevitable tension between these two distributive systems leads us to question who gets what and on what basis, and thus to consider the politics of need.

The moral issue at the heart of the modern welfare society is: When does need give people the right to make a claim against the collective? A society's answer to this question is embodied in its "moral economy." Deborah Stone characterizes the moral economy as:

...a set of beliefs about what constitutes just exchange: not only about how economic exchange is to be conducted in normal times but also...when poor individuals are entitled to social aid, when better-off people are obligated to provide aid, and what kinds of claims anyone...can legitimately make on the surplus product of anyone else.

In other words, the concept of moral economy is about our obligations to one another, not just the claims we are entitled to make against each other. The language of moral economy acknowledges both sides of the reciprocity equation. This differs significantly from marketplace notions of need, for, by placing the notion of community at the centre, it acknowledges our fundamental interdependence....

Reprinted from: "Beyond Apocalyptic Demography" by Ann Robertson, *Transition*, September 1996, p. 12. Ottawa: The Vanier Institute of the Family.

La politique basée sur les besoins

La politologue Deborah Stone soutient que l'échec du système de distribution basé sur le travail afin de répondre adéquatement et équitablement aux besoins de ceux qui, pour diverses raisons, sont exclus ou marginalisés face au milieu du travail, invoque l'autre mécanisme majeur de distribution, notamment le système basé sur les besoins. L'inévitable tension entre ces deux systèmes de distribution nous amène à nous demander qui obtient quoi, sur quelle base et par conséquent, à analyser les politiques basées sur le besoin.

La question morale au coeur de la société providence contemporaine est de déterminer quand le besoin donne aux individus le droit de revendiquer quelque chose à la collectivité. La réponse de la société à cette question réside dans «l'économie morale» que M^{me} Stone caractérise comme étant :

... un ensemble de convictions sur ce que constitue un échange just : non seulement sur comment l'échange économique doit être conduit en temps normal mais aussi... quand les pauvres ont droit à l'aide sociale, quand les personnes nanties sont obligées de fournir de l'aide ainsi que les genres de réclamations que tout individu... peut légitimement faire sur le surplus de son prochain.

En d'autres mots, le concept de l'économie morale porte sur nos obligations les uns envers les autres et non seulement sur les demandes que nous sommes en droit de faire les uns aux autres. Le langage de l'économie morale reconnaît les deux aspects de l'équation de réciprocité. Cette situation diffère largement des notions commerciales du besoin, car placer la notion de communauté au centre de celle de la réciprocité, c'est reconnaître le caractère fondamental de notre interdépendance...

Réimprimé de: «Au-delà de la vision apocalyptique de la démographie» par Ann Robertson, *Transition*, septembre 1996, p. 12. Ottawa: L'Institut Vanier de la famille.

Unpaid Work Project

Mothers are Women is a national feminist support and advocacy organization for women who have chosen to be the primary caregivers for their children for some period of time. Their current project, When Women Count: Unpaid Work and Public Policy, builds on the momentum provided by the inclusion of questions on unpaid work in the 1996 Census and the mandate provided in the Beijing Platform for Action. The premise of the project is that women and women's organizations need to be involved directly in the analysis, development, implementation, and monitoring of policies that directly affect the paid and unpaid work women do in our society.

There are three components to the project. A Working Group will bring together a core group of ten national women's organizations to identify areas of public policy that would benefit from a gender analysis that includes unpaid work, for example, pay equity, workfare, health care, child care, and education. A Symposium, planned for the fall of 1997, will bring together the Working Group, representatives of other women's organizations, and invited observers to discuss strategies and actions on unpaid work and public policy. The final part of the project is a Workshop and Resource Manual (funding pending) which will provide accessible and appropriate information on the issue to facilitate the participation of Canadian women in social debate and social activism on unpaid work.

Contact: Evelyn Drescher, When Women Count Project, Mothers are Women, P.O. Box 4104, Station E, Ottawa, Ontario K1S 5B1; e-mail: <evelyn.drescher@sympatico.ca>

Privacy on the Internet

Many people surf the Web under the illusion that their actions are private and anonymous. Unfortunately, there is more information collected about you than you might think. Every time you visit a site, you leave a calling card that reveals where you're coming from, what kind of computer you have, and many other details. (From the Center for Democracy and Technology Website.)

Most sites keep logs of all their visitors, and many Internet providers keep detailed records of your online activities. Examples of this are Netscape and Microsoft's Internet Explorer, just some of the Internet browsers that save files called "cookie.txt" on your hardrive. These files are collections of little data caches that can be used to store information about your online activities, such as which sites you have visited and how long you stay at each. This information can then be easily accessed by other Website providers (using simple HTML code) while you are visiting their site. The files, which can be deleted, can be found by doing a search, via your file manager, for "cookie.txt."

The Center for Democracy and Technology (CDT) has a very interesting Privacy Demonstration on its website (<http://www.edt.org>). When you open this page, you are asked to wait for about one minute (depending on how busy their site is), until a box appears revealing all the information they have been able to gather about you in this short period of time: what type of computer you have, where you are located, what links you used to get to their site, and so on. The CDT then goes on to explain how this personal information gets collected over the Internet and why you should care.

This article can be found through the Media Awareness Network website under the title "Over the Internet (cookies and other treats)."

Reprinted from: *Transition*, 26(4), December 1996, p. 8. Ottawa: The Vanier Institute of the Family.

... In Trends

The Progress of Our Children

In November 1996, the Canadian Council on Social Development (CCSD) released a 64-page report *The Progress of Canada's Children 1996* (\$7.00 per copy). (Aussi disponible en français.) For this report data were gathered from many sources, such as Statistics Canada surveys on children and youth, national population health, family expenditures, literacy, etc., and analyzed by a team of experts and advisors. This report establishes baseline information upon which the progress of children and youth will be measured in coming years and reported by the CCSD.

Some of the many findings in this report are:

- Young adults aged 20 to 24 are better educated than ever but they face almost twice the unemployment rate of adults over age 25 and probable decreases in earnings compared to ten years ago.
- Despite the improvements in education achieved, nearly one-fifth of 24-year-olds have not finished high school.
- Access to high-quality preschool programs is being reduced by funding cuts to kindergarten programs.
- Half of post-secondary students require government loans to finance their education, and tuition fees are rising.
- Respiratory illnesses are increasing among children and youth, perhaps because Canada is one of the highest per capita producers of air pollutants in the world. As well, nearly 40% of children under age six live in a home where one or more people smoke regularly.
- Overall, youth crime rates have dropped in the past three years, but violent youth crime rates doubled between 1986 and 1992. The data indicate links between youth crime and family dysfunction, anti-social behaviour, and family poverty.

Source: CCSD press release, no date.

The 1996 Profile of Canadian Grocery Shoppers

The 1996 Profile of Canadian Grocery Shoppers has been released. The profile is derived from a study done in May 1996 for the Food and Consumer Products Manufacturers of Canada (formerly Grocery Product Manufacturers of Canada). Some of the information about grocery shoppers in Canada includes:

- The main grocery shopper is female; only 15% of the shoppers are men, which is a drop from five years ago when 21% were men.
- Seven out of ten feel that suppertime is a special time of day for the family to eat together. "Eating on the run" does not seem to be replacing sit-down meals in the evening.
- Although 3% of the households interviewed are vegetarian, 30% are trying to prepare meatless dinners on a regular basis.
- The most important nutrition information consumers want to see on food labels is: fat content (62%), calorie content (42%), and a list of ingredients (15%).
- One out of every four shoppers feels some difficulty understanding the nutrition terms found on food labels.
- 59% of the shoppers, particularly young shoppers, feel that their diet could be healthier.

Source: *Pulse Periodical*, January/February 1997.

... In Products

Folic Acid Fortification

Health Canada in December 1996 proposed amendments to the maximum upper limits for the voluntary addition of folic acid to flour and alimentary paste (pasta). These levels are the same as those being proposed in the US, and Health Canada and American authorities will be proposing mandatory fortification to take effect at the same time, January 1998.

Recent research on neural tube defects such as spina bifida has shown that folic acid has an important protective effect. In addition, research in Canada and the US indicates a role in heart disease and colon cancer. One possible risk factor for atherosclerosis is a high blood level of homocysteine, which builds up when there isn't enough folate in the blood. Folate depletion also adversely affects a gene that is involved in colon cancer.

Folic acid occurs naturally in whole grains, orange juice and some other fruits, beans, nuts, and leafy green vegetables. However, it is not as well absorbed in its food forms as in supplements or fortified food products.

Sources: Health Canada press release, Winter 1997; *Eating Well*, January-February 1997, p. 29; *Milling & Baking News*, Nov. 26, 1996.

Drinking Water Safety

The Drinking Water Materials Safety Act was tabled in the House of Commons in December 1996. It will prevent the sale and import of unsafe drinking water materials in Canada by establishing nation-wide standards for treatment chemicals added to water, materials that come into contact with drinking water (such as pipes and pumps) from point of collection to point of distribution, and water treatment devices used in the home, such as water pitcher filters. There has been no previous federal law mandating the safety of drinking water materials.

Source: Health Canada News Release, December 11, 1996.

Book Reviews

compiled by Sheri McBride

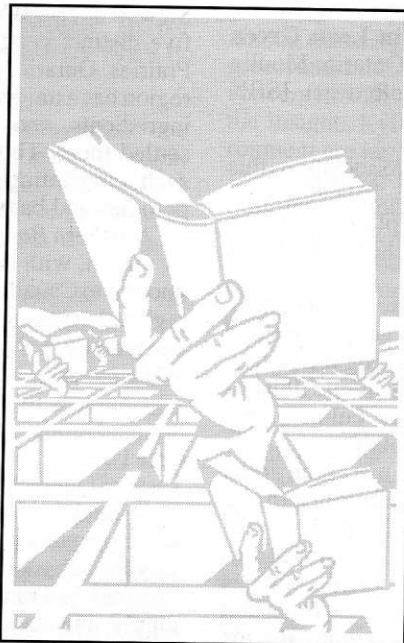
Health Risks of Weight Loss by Frances M. Berg. (1995). Hettinger, ND: Healthy Weight Journal, 157 pages. Softcover. ISBN 0-918532-44-2.

North Americans are obsessed with dieting and the pursuit of the "ideal" body. According to Frances Berg, 60 to 80 million Americans are trying to lose weight at any given moment. Given that the prevalence of obesity in North America has been increasing over the past few decades, it would seem logical that we should be encouraged in this pursuit. Unfortunately, many of those individuals who are trying to lose weight are not those who are clinically obese or overweight. In addition, a growing body of research indicates that some of the methods being used may pose more of a health risk than the excess weight.

Health Risks of Weight Loss brings together the scientific evidence on the health risks of interventions including fad diets, VLCDs (very low calorie diets), diet pills, and weight loss surgery. Starting with an overview of general treatment risks, in Chapter One, the author attempts to help the reader challenge these widely accepted but potentially dangerous weight-loss practices. Related issues are discussed such as the psychological damage that can occur as a result of our obsession with thinness, the increasing prevalence of disordered eating, and the possible risks of repeated bouts of losing and regaining weight, called "weight-cycling" or "yo-yo dieting."

Berg correctly points out that although obesity treatment is a health-related intervention, it is also big business. North Americans spend billions of dollars on weight loss each year. The weight-loss industry has a vested interest in keeping the public focused on the cultural ideal of very thin, an obsession with weight, and the health risks of obesity. Although the general assumption is that the products and programs available in the marketplace are harmless, most are not subjected to clinical testing and are not heavily regulated. There exists a "buyer beware" climate and not until a product or program results in a death or injury will questions be raised about its use.

Berg's report also discusses the ethics of recommending weight loss for patients who have been diagnosed with obesity in light of the evidence indicating the low success rate and the potential for life-threatening problems associated with dieting. Although I would agree that Berg raises an important question, I think it is important that both benefits and risks be considered when making the decision whether or not to diet. As the title suggests, only the health risks of weight loss are discussed. A more balanced presentation of the issues surrounding diet methods would be of more



benefit to health professionals struggling with the dilemma of recommending weight loss to a client.

Reviewed by:

Debbie MacLellan, MSC
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Teaching To Transgress by bell hooks. (1994). New York: Routledge, 216 pages. \$22.95 (paperback). ISBN 0-415-90808-6.

This book, autobiographical in nature and informally written, bears witness to education as the practice of freedom. bell hooks, a prolific writer, radical teacher, and insurgent Black intellectual, weaves together her educational experiences of growing up in the South and attending predominantly white institutions, with her work as a professor at several different institutions. Her writing is inspired by the life and teachings of Martin Luther King, Jr., and other leaders, writers, activists, and spiritual advisors. hooks draws heavily from the works of Paulo Freire and other critical/feminist scholars to point out that traditional pedagogy suppresses emancipatory action, oppresses those considered "other," and promotes the ideology of the dominant culture.

The book consists of sixteen essays that critically examine dominant education paradigms. With insight and passion hooks shares her commitment to foster and promote an understanding of radical subversive ways of teaching students to transgress against racial, sexual, and ethnic borders. hooks challenges the popular and accepted notion that educational practice can exist and function without theory. She calls for new theories that work to understand the nature of our modern plight and the means by which to transform our present reality. hooks participates in a compelling dialogue with her readers about notions fundamental to her pedagogy, encouraging teachers to enter into the transformative process of their own self-actualization. With the hope for more self-conscious reflection within a radical pedagogy she opens the way for an engagement in serious debate and struggle, the inclusion of teachers' and students' voices and experiences as a given in the classroom, the movement from affirmation to engagement, and the recognition of language as a vehicle for inscribing meaning and as a tool of resistance to challenge social myths and inequalities.

Teaching to Transgress is useful as a platform for a critique of current notions and practices of teaching and learning. It will be of interest for future teacher educators and others seriously engaged in rethinking their teaching

practices in response to the call for pedagogical reform; particularly in regards to multicultural and anti-racist education and gender equity.

Reviewed by:

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The University of Western Ontario
London, Ontario

Recipes from Riversong: Using Herbs in Lean Green Cooking by Pat Crocker. (1996). Norval, Ontario: Moulin Publishing Limited, 174 pages. \$19.95 (softcover). ISBN 0-9697079-6-7.

Recommended by the Ontario Herbalists Association, this book is divided into two distinct sections. It begins with general information about herbs and their place in the diet and concludes with recipes that utilize the many herbs described.

The first half of the book includes a discussion of why and how to eat in a "lean green style," the general use and storage of herbs, recommendations for stocking the pantry, and 35 herb profiles. The profiles consist of simple illustrations, tips for growing and storing, some culinary and medicinal uses, and, occasionally, some folklore.

Crocker's discussion of why we should use a lean green style of cooking focuses strongly on the negative health and environmental aspects associated with a diet high in processed and refined foods. Personally, I found this strong bias in her argument disturbing. The last half of the book is devoted to recipes that reflect Crocker's emphasis on a diet low in fat, high in fibre and complex carbohydrate. Recipe presentation follows the seasons so that the cook can take advantage of locally grown, and preferably organically grown, fresh produce.

While recipes are varied and interesting, readers should be aware that not all of them are low in fat. The apparent contradiction of including more than a few higher fat recipes in a book devoted to lean green eating is explained by Crocker's statement that the main criteria for recipe inclusion was taste and enjoyment.

Recipe instructions are clear, but some herbs may be difficult to obtain unless the cook has access either to a well-stocked green-grocer or herb garden. The novice herbalist may have an additional problem as some wild herbs, such as comfrey and marsh marigold, are listed as recipe ingredients but are not described anywhere in the book.

Overall, this book contains useful information and recipes for cooks interested in incorporating more herbs into their cuisine. However, the occasional use of obscure ingredients and a very forceful discussion regarding the benefits of lean green cooking serve as two weaknesses in the book.

Reviewed by:

Joy Knight, BSc (Home Economics)
University of Prince Edward Island
Charlottetown, Prince Edward Island

Northern Bounty. A Celebration of Canadian Cuisine by Jo Marie Powers and Anita Stewart (eds.). (1995). Toronto: Random House of Canada Ltd., 308 pages. \$19.95 (paperback). ISBN 0-394-22431-0.

Northern Bounty is a publication of the proceedings of the "Northern Bounty" conference, held in Stratford, Ontario, in 1993. Attending the conference were food and culinary professionals, including chefs, food and wine writers, home

economists, and historians. They met for the first time to "share their understanding of the past, present, and future of Canadian cuisine." The book was launched simultaneously with the formation of Cuisine Canada, a professional alliance for "those Canadians involved in all aspects of our culinary world."

The book attempts to answer the old question, "Is there really such a thing as Canadian cuisine?" Powers and Stewart suggest Canadian cuisine is regional in nature, with five distinct geographical areas — British Columbia, the Prairies, Ontario, Quebec, and the Atlantic Provinces. Each region has a unique "food style" reflecting the climate, local ingredients, and varied backgrounds of the people who settled there. Thus, Canadian cuisine is varied, including such contrasting dishes as fish chowders and poutine, perogies and bannock.

Northern Bounty, like the conference itself, is organized by region, with seven sections: the first provides an introduction to Canadian cuisine; five sections detail the specific regional cuisines; the final section includes regional menus and recipes. A short glossary describing 24 food items found in the recipes is also included.

Chapters in the regional sections examine traditional regional food practices, including "Traditional Iroquois and Cree Foods," "Some Good! The Maritime Harvest," and "A Taste of Quebec" which provides an interesting sampling of traditional foods from the 12 different regions of Quebec. Some chapters employ an historical perspective — "Canada's Breadbasket: Decades of Change," "Ontario Cooking: Cuisines in Transition" — while others focus on the food supply and the food/wine industry — "The Groundfish Crisis in Atlantic Canada," "The Future of Ontario's Fruit Industry." Several other chapters address the evolution of Canadian restaurant cuisine.

The editors state that a "selection of hand-picked menus and recipes from each region" is included in the book, and note that "there is no quintessential Canadian recipe; there are thousands." It was disappointing to find that, in spite of the apparent plethora of Canadian recipes out there, no submissions from the Atlantic Provinces were included. Although the recipes included do feature ingredients which are available in the respective region, the majority are best suited for use in haute cuisine restaurants and do not represent the traditional foodways of the region. For example, one entry from British Columbia is "Alder Cone Smoked Wild Grouse Breast with Licorice Fern Root Glaze and Juniper-Salal Berry Sauce." Recipes may be more useful to Canadian chefs who wish to incorporate locally grown foods into their recipes and menus.

The editors describe *Northern Bounty* as "a flag waving exploration of Canadian cuisine and a turning point in our collective awareness of it." However, I feel *Northern Bounty* falls short of this glowing description. In their efforts to be comprehensive, the editors have failed to give the book a clear focus. Further, many chapters lack depth and seem to end rather abruptly, leaving the reader feeling like she/he had been served merely an appetizer rather than the expected entrée. An exception is the chapter "Faith, Family and Food" by Edna Staebler (author of *Food that Really Schmacks*) who provides us with a rich description of Mennonite foodways including a humorous account of an all-day Mennonite wedding. In spite of these limitations, Powers and Stewart should be commended to be the first to compile a description of the regional cuisines of Canada from a variety of perspectives. Because of the potpourri of

topics included, it should appeal to a wide audience, including *Journal* readers, chefs, and those interested in Canadian foodways.

Reviewed by:

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City Life by Witold Rybczynski. (1995). Toronto: Harper Collins Publishers, 256 pages. \$18.00 (softcover). ISBN 0-00-638545-1.

Witold Rybczynski has made a career of writing about "the humble home." Books such as *Home*, *The Most Beautiful House in the World*, and *Looking Around: A Journey Through Architecture* have become popular reading for those interested in a socio-cultural perspective on the dwelling in which we spend so much time.

City Life is Rybczynski's latest endeavour and here he has expanded his reflections to include the modern city. The book is an historical survey tracing the evolution of the North American city, beginning with the classical European prototype, through the early colonial settlements, to the modern metropolis and its suburbs. Rybczynski cites physical, technological, and economic factors to explain why cities in North America developed as they did, including the availability of inexpensive land and the proliferation of railroads, telephones, aeroplanes, and automobiles. According to the author, these factors have helped to produce a North American city distinct from its European counterpart (for example, North American cities were built around private housing instead of public squares or monuments as in Europe).

His analysis of the city is most refreshing. Instead of the standard lament that our cities are impersonal, dangerous, and alienating, Rybczynski suggests our cities are honest reflections of its inhabitants, even "monuments" to its citizens. The buildings' designs and organization are not

haphazard or sterile creations of the architects and urban planners, but rather careful, subjective celebrations of the diverse groups of people who inhabit these urban spaces.

Of special interest to home economists is his discussion on suburbs. Rybczynski hypothesizes that suburbs dominate our cities in part because North American society is geared to accommodating the convictions and aspirations of ordinary citizens. Most important of those convictions is nurturing and protecting the family, and most important among those aspirations are home ownership, privacy, and green and restorative surroundings. As home economists concerned with a holistic approach to health and well-being, the insights Rybczynski offers into our urban living environment are highly recommended.

As always, Rybczynski writes in an entertaining yet informative manner. His observations are presented in a clear, succinct, and compelling style. Humour, anecdotal information, and little-known facts are mixed with detailed historical references and theoretical reflections that take the reader on a fascinating journey. To take one example, Rybczynski (p. 174) includes European architect Le Corbusier's sarcastic description of the suburban commute: "After a stimulating cocktail they [the commuters] pass through the golden portals of Grand Central Terminal into a Pullman which takes them to their car; after a ride along charming country roads they enter the quiet and delightful living rooms of their colonial style houses."

This book would be enjoyed by a wide variety of readers. From those interested in specialty disciplines, such as urban history, social-cultural history, and housing trends, to those desirous of a general, informative read on an important aspect of their lives — their homes. Most importantly, home economists offering courses in housing would find this a wonderful supplement to existing course material.

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Graduate Research in Canadian Universities/ Répertoire des recherches dans les universités canadiennes

Compilation of masters theses and doctoral dissertations in home economics and related areas completed July 1, 1995 to June 30, 1996.

Une compilation des mémoires et des thèses en économie familiale et dans les domaines affiliés complétés entre le 1 juillet, 1995 et le 30 juin, 1996.

Family Studies/Études familiales

UNIVERSITY OF ALBERTA Unpublished Masters Theses

Davis-Patsula, N. Size and composition of the kin family and caregiving family of spouse and adult child primary caregivers of relatives with Alzheimer's disease. November, 1995. (Keating)

Fernandez, N. Collective kitchens: Knowledge, formats and issues. June, 1996. (Doherty-Poirier)

Humble, A. Predicting adult attachment styles from past attachments and relationship experiences. November, 1995. (Skrypnik)

Keily-Hawa, R. Predictors of aids preventative behaviour of Canadian first year post secondary students. June, 1996. (Munro)

Madsen, H. The efficacy of the behavioural change intervention model in determining university students' HIV/AIDS risk prevention behaviours. June, 1996. (Doherty-Poirier)

Salmon, T. Factors related to the selection of a menopausal management option. June, 1996. (Kieren)

Unpublished Doctoral Theses

Mayan, M. A planned change: The implementation of the Alberta Family Policy Grid. June, 1996. (Kieren, Doherty-Poirier)

Williamson, D. Poverty status, health behaviours and health. November, 1995. (Fast, Kieren)

UNIVERSITY OF BRITISH COLUMBIA Unpublished Masters Theses

Dalla Lana, R. T. The coping process of a parent who has an adult child with schizophrenia. March, 1996. (deVries)

Parrotta, J. L. M. The impact of financial attitudes and knowledge on financial management and satisfaction. *March, 1996. (Johnson)*

UNIVERSITY OF MANITOBA Unpublished Masters Theses

Baker, R. Feelings of well-being among sons and daughters of mothers residing in a personal care home. *October, 1995. (Bond)*

Kreklewetz, C. Parenting themes for incest survivor mothers with daughters. *October, 1995. (Piotrowski)*

MOUNT SAINT VINCENT UNIVERSITY Unpublished Masters Theses

Velemppini, E. Food accessibility for low-income urban families in the high density suburbs of Bulawayo, Zimbabwe. *May, 1996. (Travers)*

Wong, T. An evaluation of a peer health education programme in The Gambia, West Africa. *May, 1996. (Travers)*

Clothing and Textiles/Textiles et habillement

UNIVERSITY OF ALBERTA Unpublished Masters Theses

Bakgaard, W. Design synetics: Machine knitwear. *November, 1995. (Cox-Bishop)*

Lemiski, S. Weighted silk: Identification, characterization and photodegradation. *June, 1996. (Kerr)*

Maguire, K. Starch paste in indigo dye: Subsaharan African inspired contemporary textile designs. *November, 1995. (Cox-Bishop)*

McFayden, K. The secondhand clothing trade: Economics, environmental and ethical issues. *June, 1996. (Capjack, Crown)*

Olivotto, Y. Phytolith analysis as a means of cellulosic fibre identification: Silica bodies and calcium oxalate crystals in agave genera, *boehmeria nivea gaud, cannabis sativa l., corchorus capsularis l., and musa. June, 1996. (Kerr)*

Renzi, J. Handwoven, three-dimensional, multi-layered textile forms: A processual study. *June, 1996. (Lambert)*

Zerwig, M. Reindeer hair embroidery among the St. Lawrence Island Alaskan Yuit: Roles of museums and peoples of the Russian far east. *November, 1995. (Lambert, Oakes)*

UNIVERSITY OF MANITOBA Unpublished Masters Theses

Hong, T. Development of in vitro performance tests and evaluation of nonabsorbable surgical sutures. *1995. (King)*

Lix, L. Probing interactions in repeated measures designs: Applications in clothing and textiles research. *1995. (Keselman)*

Nowlan, M. Junior Red Cross volunteer knitting in Winnipeg School Division No. 1 during and immediately after World War II (1939-1946). *1996. (Turnbull Caton)*

Tang, G. Laundering shrinkage of woven lyocell and lyocell blended fabrics. *1995. (King)*

Foods and Nutrition / Alimentation et nutrition Hotel and Food Administration

UNIVERSITY OF ALBERTA Unpublished Masters Theses

Gosain, K. Long term effects of barley bread products on metabolic control of noninsulin dependent diabetes mellitus. *June, 1996. (Basu)*

Li, X. S. Cholesterol auto-oxidation in foods. *November, 1995. (Sim)*

Mann, S. Interrelationships between niacin and vitamin B6. *November, 1995. (Basu)*

Poon, A. Bacteriocin production by *B. campestris*. *November, 1995. (Stiles)*

Vaheri, H. Bile tolerance of *Lactobacillus spp.* *June, 1996. (Stiles)*

Yoo, S. The effects of glutamine supplementation in healthy and infected

early weaned pigs. *June, 1996. (McBurney)*

Unpublished Doctoral Theses

Alton, G. Stereochemistry and redox cofactor of the copper amino oxidase. *June, 1996. (Palcic)*

Dunford, N. Use of supercritical CO₂ for edible oil process. *November, 1995. (Temelli)*

MacLeod, A. B-LG: Separation and physiochemical attributes. *November, 1995. (Ozimek)*

Marsman, K. Colonic metabolism of short-chain fatty acids. *November, 1995. (McBurney)*

McGinnis, D. Optimization of beef chilling conditions. *November, 1995. (Segado)*

Quadri, L. Biochemical and genetic characterization of antimicrobial peptides produced by *Carnobacterium Piscicida* LV 17B. *June, 1996. (Stiles)*

Worobo, R. Characterization of two bacteriocins and a food grade plasmid from carnobacteria. *June, 1996. (Stiles)*

UNIVERSITY OF BRITISH COLUMBIA Unpublished Masters Theses

Farrales, L.L. The meanings of body, food, eating, and health for first generation Filipino Canadian women in British Columbia's Lower Mainland. *August, 1995. (Chapman)*

Hazlett, D.L. Glycogen utilization in the athlete under conditions of acute, moderate hypoxia. *August, 1995. (Barr)*

King, W.L. The effect of dietary manipulation in chronic urticaria and angioedema. *January, 1996. (McCargar)*

Kutyne, C.L. Factors associated with weight gain in women with breast cancer during adjuvant chemotherapy. *January, 1996. (McCargar)*

Lwanga, D. Prevalence of iron-deficiency anaemia and low iron status and feeding practices among 9 month old infants in Vancouver. *January, 1996. (Innis)*

Mackay, E.M. The role of specific dieting practices in the development of eating disorders. *May, 1996. (McCargar)*

Unpublished Doctoral Thesis

Su, W. Mechanism of weight loss in the morbidly obese following ileogastrostomy and validation of reported energy intake in normal-weight and morbidly obese subjects. *November, 1995. (Jones)*

UNIVERSITÉ LAVAL

Une compilation des mémoires et des thèses en économie familiale et dans les domaines affiliés entre l'automne 1996 et l'été 1997.

Memoire inédit de maîtrise en nutrition

Baribeau, H. Habitudes de consommation de catégories d'aliments élevés en nitrates, nitrites et vitamines antioxydantes chez un groupe d'adultes consommateurs d'eau de puits des régions de Portneuf et de Lanaudière. *Hiver, 1997. (Desrosiers, Zee)*

Bauer, C. Effet du lactose sur la biodisponibilité du calcium en fonction de l'état physiologique. *Hiver, 1997. (Zee, Doré)*

Brousseau, J. Évaluation du service de popote roulante et des perceptions des personnes âgées recevant ce service, face à leur alimentation et au service lui-même. *Hiver, 1997. (Dubois)*

DeMonty, I. Effets de l'huile et de la protéine de poisson dans la régulation des métabolismes lipidiques et glucidiques chez le rat. *Automne, 1996. (Jacques, Deshaies)*

Fortin-Pacaud, T. Mesure de l'efficacité d'un questionnaire à dépister le risque de la malnutrition chez des personnes âgées. *Été, 1997. (Desrosiers)*

Lebel, D. Effet des protéines en mélanges sur l'absorption du calcium chez le rat. *Hiver, 1997. (Desrosiers, Savoie)*

Lamontagne, P. Perceptions des adultes atteints de la maladie coeliaque face aux produits transgéniques sans gliadine et prolamines toxiques. *Hiver, 1997. (Galibois, West)*

Ouellette, S. La qualité de vie et l'alimentation des personnes âgées en institution: leur perception de leurs besoins et mesure de la satisfaction de ces besoins. *Hiver, 1997. (Ouellet, West)*

Piché, J. Influence des lipides sur la digestion des protéines. *Hiver, 1997. (Savoie)*

Ta, C.A. Influence des fibres alimentaires sur la mise en disponibilité de résidus de pesticides. *Hiver, 1997. (Zee, Desrosiers)*

Tremblay, A. Relation entre l'âge et la biodisponibilité du calcium des produits laitiers. *Hiver, 1997. (Zee, Amiot)*

Thèse inédit de doctorat en nutrition

Hamelin, A-M. Surveillance nutritionnelle. *Automne, 1996. (Beaudry)*

UNIVERSITY OF MANITOBA

Unpublished Masters Theses

Gacheri Kiunga, A. Determinants of food choice and other behaviours of participants in a heart health program. *(Sevenhuysen)*

Hotz, C. Effect of dietary selenium depletion and of dietary selenium and iodine interactions on thyroid hormone metabolism of rat. *(Fitzpatrick)*

Kibiuk, D. Storage stability and frying performance of solin and sunflower oils. *(Malcolmson)*

Perron, C. Optimization of bromate-free improver systems for use with CWRs and CWES wheat flours. *(Watts)*

Petukhov, I. Frying performance and storage stability of potato chips fried in genetically modified canola oils. *(Malcolmson)*

Schlichting, L. Dough strength as measured by dough profiling and the extensigraph. *(Watts)*

Yao, K. Enzymatic and proliferative status of rat prostate glands as affected by age and energy restriction. *(Bird)*

McGILL UNIVERSITY

Unpublished Masters Theses

Delormier, T. Evaluation of Eastern James Bay Cree women's diets. *February, 1996. (Kuhnlein)*

Foutouhinia, M. Effects of dietary fat on alcohol induced liver injury: An FT-IR study. *June, 1996. (Kubow, Ismail)*

Johnson-Down, L. Nutritional assessment of low income and multi-ethnic school children 9-12 years old and validation of alternative tools to measure fat intake. *February, 1996. (Gray-Donald)*

Kim, C. Assessment of cadmium intake from the consumption of traditional food in Fort Resolution, Northwest Territories. *February, 1996. (Chan)*

Liu, X-J. Effect of maternal dietary carbohydrate on phosphoenolpyruvate carboxykinase development in the fetus and neonate. *November, 1995. (Koski)*

McDermid, J. M. Antioxidant micronutrient intake and oxidative stress persons with human immunodeficiency virus infection. *February, 1996. (Kubow)*

Pulfrey, S. Energy expenditure and requirement while climbing at extreme altitude. *November, 1995. (Jones)*

Saudny-Unterberger, H. Impact of nutritional support on changes in functional status during an acute exacerbation of chronic obstructive pulmonary disease (COPD). *November, 1995. (Gray-Donald)*

Searles, L. Effects of orally administered spermidine on absorptive enzyme and nutrient transporter gene expression in the rat small intestine during postnatal development. *November, 1995. (Koski)*

Styhler, Karin. The effect of glycemic control on protein metabolism in obese type II diabetes mellitus. *June, 1996. (Gougeon, Koski)*

Trifonopoulos, M. Anthropometry and diet of Mohawk schoolchild-ten in Kahnawake. *February, 1996. (Kuhnlein)*

Unpublished Doctoral Thesis

Muscati, S. Balance between fetal growth and maternal weight retention: Effects of maternal diet, weight and smoking behaviour. *June, 1996. (Gray-Donald)*

UNIVERSITÉ DE MONCTON

Memoire inédit de maîtrise en nutrition

Carrier, N. Évaluation de l'état nutritionnel protéio-énergétique et en vitamine K des personnes âgées admises à l'unité de Gériatrie de l'Hôpital Dr Georges L. Dumont. *(Villalon)*

Gaudet, J. Contexte familial, état nutritionnel et indicateurs de la faim des enfants de 3 à 10 ans provenant de familles à différents niveaux de revenu. *(Villalon)*

Losier, D. Survie de *Listeria monocytogenes* dans du homard chauffé après une réexposition à la chaleur. *(Cormier)*

MOUNT SAINT VINCENT UNIVERSITY

Unpublished Masters Theses

Rogers, M.P. Regional variations in dietetic practice in Canada related to ethics education, ethics participation, and the care of the terminally ill elderly. *October, 1995. (Taper)*

Samkange, F. Booting up the computers: Are foodservices in Zimbabwean hotels strategically prepared? *October, 1995. (Bateman Ellison)*

Wile, H. Accuracy of infant length measures as a factor in assessing nutritional status. *October, 1995. (Taper)*

Wright, C. Social barriers to the maintenance of a very low fat cardiac diet: A qualitative study. *October, 1995. (Travers)*

UNIVERSITY OF SASKATCHEWAN

Unpublished Masters Theses

Anderson, D.J. The influence of dietary factors on urinary calcium excretion: An investigation of protein, potassium bicarbonate and phosphate using an acute load test in adult males. *May, 1996. (Whiting)*

Duff, T.L. Effect of milk protein, sodium chloride, and potassium citrate on acute urinary calcium excretion in children. *May, 1996. (Whiting)*

Verrall, T.C. Nutrition knowledge, attitudes and beliefs of caregivers of children with cerebral palsy. *May, 1996. (Zello)*

Unpublished Doctoral Thesis

Kent-Smith Amaral, M.L. The effect of dietary fibre on human lipid metabolism. *October, 1995. (Stephen)*

UNIVERSITY OF TORONTO

Unpublished Masters Theses

Anderson, M. The utilisation and accumulation of linoleate. *October, 1995.*

Biernacka, M. Sugars, diet-induced thermogenesis and subsequent food intake in normal weight adult males. *August, 1995.*

Bolognesi, C. Effects of meal timing, dose, type of carbohydrate on the glycemic response to foods. *August, 1995.*

Cazes, L. Effect of abdominal lipectomy on lipid profile, glucose handling and blood pressure in patients with truncal obesity. *October, 1995.*

Cooper, M.J. Biological and analytical variability of repeated transferring receptor and ferritin measurements. *September, 1995.*

Duncan, A.M. Lysine requirement of adult males determined by indicator amino acid oxidation — the effect of a lower protein intake. *July, 1995.*

Hamad, S.A. The effect of day-to-day variation in dietary intake on metabolic control in insulin dependent diabetes mellitus. *April, 1996.*

Kicak, L.O. Factors affecting energy metabolism in children with liver disease. *July, 1995.*

Radmard, R. Effects of acarbose treatment, diabetes and diet on serum acetate concentrations. *January, 1996.*

Torzsas, T. The effects of black tea consumption on reducing oxidative stress in vivo. *October, 1995.*

Vaziri, P. Histidine regulation of food and water intake in rats. *September, 1995.*

Vogt, J.A. Absorption of short chain fatty acids from the human rectum and distal colon. *October, 1995.*

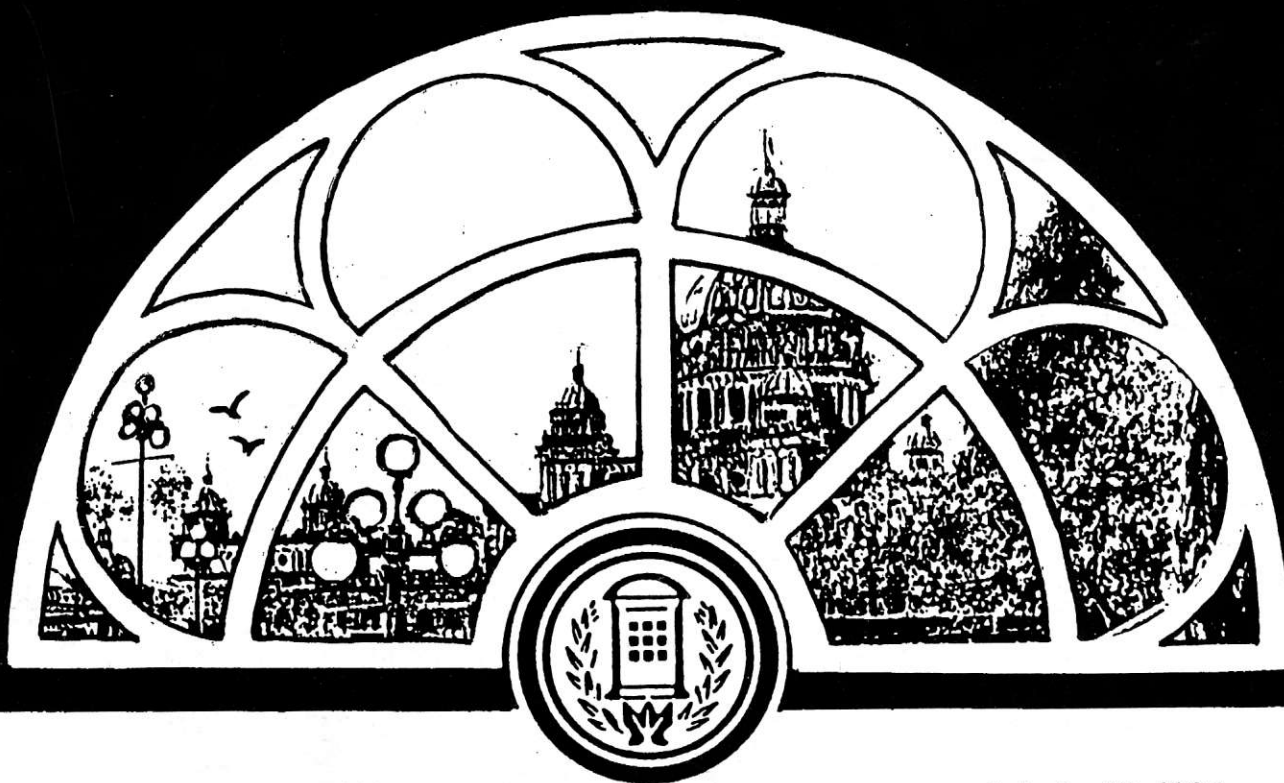
Unpublished Doctoral Theses

Aghdassi, E. The importance of colonic fermentation in rats with short bowel syndrome. *July, 1995.*

Bissonnette, D. Effects of hypocaloric feeding and high carbohydrate refeeding on in situ muscle function, glycol's and body composition in adult rats. *December, 1995.*

Dickstein, A. Appetite regulation in a rat model of chronic renal failure. *May, 1996.*

Taylor, J. Adherence, symptoms, and body weight of women prescribed a rotary diversified diet for the treatment of environmental illness. *February, 1996.*



du 9 au 12 juillet 1997

July 9 - 12, 1997

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